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## **Prevention and Early Intervention Quarterly Collaborative Meeting**

### **Meeting Minutes June 30, 2021 12:00pm – 2:00pm Via Zoom**

- Diana Brown - Welcoming Message; there were 72 attendees
  
- PEI Program Spotlight:
  - Stand Against Stigma - Presentation by Melissa Coriz & Alexandra Engen.
    - Stand Against Stigma formerly known as Contact for Change and is part of the PEI Workplan #1. Programs in this workplan are focused on mental health outreach, awareness and stigma reduction. Other programs in this workplan include, Community Mental Health Promoters Program, Promotores, Integrated Screening and Outreach, Directing Change film Contest, Dare to be Aware youth mental health conference, local helpline and free Suicide Prevention gatekeeper trainings.
    - Contact for change began in 2017 and the provider was RI International. The program consisted of speakers bureau presentations that focused on stigma reduction in the community with particular emphasis on reaching employers, landlords, housing officials, healthcare providers, legislatures and other government related entities as well as the faith based community and the media.
    - The goal of the program is to not only reduce stigma and stigmatizing attitudes around mental illness, but to also spread messages of hope and that recovery is possible. And to also encourage help seeking and to share about community resources.
    - During FY19-20 the goal was to have 32 presentations in each of the three regions for a total of 96 countywide. Due to the impact

of COVID there were only 66 presentations countywide with the majority of the presentations in a virtual format.

- If you would like more information or to schedule a presentation please send an email to [PEI@ruhealth.org](mailto:PEI@ruhealth.org). Please share this information with the community, friends and family.
  
- Directing Change:
  - Directing Change is part of California's MH Movement Each Mind Matters and several statewide efforts to prevent suicide, reduce stigma related to mental illness and promote the mental health of students. It is a program and student film contest for 30-60 second public service announcement films that are made by young people and entered at the statewide level.
  - There are several entry categories for these films which include:
    - Suicide Prevention
    - Mental Health Matters
    - Through the Lens of Culture
    - Sanamente
    - Animated Short
    - Walk In Our Shoes (Middle Schools only)
      - The Superhero in Each of Us
      - What is Mental Health
      - Words Matter
    - Hope & Justice
      - Monthly Prompt
  - 20/21 Submissions;
    - Statewide
      - 974 films submitted
      - 136 schools & CBOs
      - 23 counties
      - 1,817 youth
    - Riverside County
      - 40 films submitted
      - 13 schools & CBOs
      - 97 youth
  - 2021 Facebook Live event was held to honor the winners with Sterling K. Brown as the special guest.
  - Riverside County took 1<sup>st</sup> place in the following categories;
    - Mental Health Matters Category
      - "Another Light" Murrieta Mesa High School
    - Through the Lens of Culture Category
      - "Plus Que Forte" Murrieta Valley High School
    - Sanamente
      - Puedo Enfrentarlo" David A. Brown Middle School
  - They also received the following awards;

- 2<sup>nd</sup> Place-Walk in Our Shoes Category: The Superhero in Each of Us, “The Overcomer” David A. Brown Middle School.
    - 3<sup>rd</sup> Place - Sanamente Category: “Primer Generacion” Eleanor Roosevelt High School.
  - Hope for Justice Category Monthly Winners include;
    - October 2020: Creative Ways to Measure 6ft.
      - 1<sup>st</sup> place - “Creative Social Distancing” Nuview Bridge Early College HS
    - November 2020: Hope
      - 1<sup>st</sup> place - “A Little Hope” David A. Brown MS
    - January 2021: Hope
      - 2<sup>nd</sup> place - “What Hope Means to Me” Eleanor Roosevelt HS
    - February 2021: Hope
      - 3<sup>rd</sup> place - “We Can See Hope” David A. Brown MS
    - April 2021: Hope for Change
      - 1<sup>st</sup> place - “The Changes in Me” David A. Brown MS
  - To view and use student films please visit the [Directing Change](#) website.
- May is Mental Health Matters Month: Hope for Change
    - This year, similar to last year was a virtual campaign. PEI created a calendar of activities along with an activity guide. Each week had a unique theme that supported the overall theme of Hope for Change.
    - PEI offered trainings throughout the month of May in both English and Spanish which included, Building Resiliency & Understanding Trauma. Mental Health 101, Self-Care & Wellness and Know the Signs. There was a total of 388 people who attended these trainings.
    - PEI providers and different community members offered free virtual presentations that recognized the importance of the month as well. These providers included Operation Safehouse, Inland Caregivers Resource Center, Stand Against Stigma Program and James Woods also known as “Dat Yoga Dude” provided zoom yoga sessions.
    - There were weekly videos in both English and Spanish created by the Mental Health Promoter Program.
    - Up2Riverside provided Mental Wellness Kits to the first 250 Riverside County residents who visited the webpage and completed the request form. The kit included a wellness journal, a pen and three wellness tip cards. If you missed out on getting the free kit you can download the materials by visiting [Up2Riverside.org](http://Up2Riverside.org).
    - In addition to the virtual activities, PEI created and distributed, with the help of the planning committee and the BH Commission, starter activation toolkits for schools, local businesses and community providers and partners. The kits were equipped with special activation guides with ideas on how to implement the MiMHM activities at their sites. There were 50 school toolkits, 30 business toolkits and 100 community toolkits distributed.

- Upcoming Funding Opportunities
  - New request for proposals being released this coming fall
    - PEARLS - Program to Encourage Active Rewarding lives for Seniors - 8-sessions total; program focuses on prevention for depression for seniors 60 years and older.
    - SFP - Strengthening Families Program - 14-week program that focuses on families with children between 6-11 years old.
    - CBITS-Cognitive Behavioral Intervention for Trauma in Schools - 10-week program for youth ages 10-15 who are experiencing symptoms of PTSD, depression and anxiety.
    - KITE-Keeping Intergenerational Ties in Ethnic Families-10-week parenting program for Asian Pacific Islander Families with children between the ages of 6-17. The goals of the program are understanding the child's culture and growing up in America.
    - Promotores de Salud Mental y Bienestar - Community Mental Health Promoter Program - these programs are ethnically and culturally specific and promote mental health in the community.
    - PEACE4Kids - 8-week program adapted specifically for middle school youth that focuses on enhancing social skills, empathy training, anger self-control and character education. \*\*Request for Proposal will be available for school districts only.
  
- PEI Provider Updates / Community Roundtable/Announcements
  - Omar Gonzalez-Valentino TruEvolution-Mental Health Clinic is fully functional and available to see clients. Beginning August 1<sup>st</sup> they will be having 5 new practicum students join the team who will be able to see clients free of charge regardless of immigration status, insurance or ability to pay cash. They currently have telecare and in-person sessions available. They will be available in English and Spanish. They will also possibly offer services in Mandarin and Vietnamese. Omar will verify with clinician. Services are available for Riverside and San Bernardino Counties.
  - Jennifer Carson - Inland SoCal United Way – Riverside County and San Bernardino County 211 have merged and are now Inland SoCal 211 Plus, a project of Inland SoCal United Way. They are now serving 5 million people and have expanded their services. For example, they now offer United Lift, which is a rental assistance program for both tenants and landlords. They also offer assistance for individuals applying for CalFresh and Medi-Cal. As a reminder, if anyone is experiencing a crisis or suicidal thoughts they can call 951.686.HELP.
  - Katie McClendon-During COVID staff member Ginger Galloway created heart wall on organization website.
  - Monique Cortes-RUHS-Public Health-Teen Suicide Awareness & Prevention Program. Program works closely with school districts to

provide support services to the youth and offer suicide prevention trainings.

- PEI and the Suicide Prevention Coalition are preparing to recognize Suicide Prevention Month throughout the month of September. Planning is underway and all information will be shared with all members of the collaborative.
- Next Meeting:
  - September 29, 2021 12pm - 2pm Location TBD.