

Matthew Chang, M.D.
Director

RUHS-BH believes that people with mental illness can and do recover and go on to lead rich, productive and satisfying lives.

Prevention and Early Intervention is funded by the Mental Health Services Act (MHSA)

rcdmh.org/MHSA/pei

Our goal is 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 that is of relatively low intensity and is of relatively short duration (less than one year).*



(951) 686 - HELP (4357)
Up2Riverside.org

P.E.I. Pulse

Quarterly PEI Newsletter ♦ Volume 5 ♦ Issue 1 ♦ February 2022



The Healing Power of Heritage
Interventions rooted in indigenous traditions are helping to prevent suicide and addiction in American Indian and Alaska Native communities.

By Heather Stringer

For decades, substance use and suicide have plagued many American Indian and Alaska Native communities. According to the Centers for Disease Control and Prevention, the suicide rate among American Indians ages 18 to 24 is nearly double the national rate. And significantly more American Indians and Alaska Natives needed treatment for alcohol or illicit drug use in the prior year than people from other ethnic groups, according to a report by the Substance Abuse and Mental Health Services Administration (National Survey on Drug Use and Health, November 2012). In the past, many psychologists attempted to tackle these problems by introducing Western evidence-based strategies that failed to recognize indigenous values—such as spirituality, the wisdom of elders and family relationships. And indigenous people were rarely invited to participate in designing solutions. Researchers also focused on people who were using substances rather than on the strengths found in those who were staying sober. Over time, it became clear these Western practices did not work. Over the last few decades, psychologists have started working closely with indigenous communities to incorporate American Indian traditions into interventions. "We realized that the therapeutic tools of the day were very limited in their application to the challenges of life in Native America," says Spero M. Manson, PhD, director of the Centers for American Indian and Alaska Native Health at the Colorado School of Public Health. "Our awareness of the importance of culturally relevant care has grown, and evidence to this effect has accumulated," says Manson, who is Pembina Chippewa. Today's work in indigenous communities is informed by these lessons from the past, and cultural heritage is proving to be a powerful force in combating these public health crises. "Many of the struggles native communities face are caused by broken connections with their heritage," says psychology professor Art Blume, PhD, of Washington State University Vancouver, who is Cherokee and Choctaw. "Progress has been made over the last few years because we are combining the best indigenous cultural practices for healing with empirically supported interventions, plus we have enhanced the trust of the communities by working with them."

<https://www.apa.org/monitor/2018/02/cover-healing-heritage>

Participant Feedback

Parents have reported increased mindfulness of affirmations for children. "Children look forward to group."

"Learning a lot, helping their situation."

Kids have reported that they are "happy to be back even if virtual."

Contact Information

Riverside-San Bernardino County Indian Health, Inc

**For more information on how to register or if you are eligible, please contact .*

Julie Andrews

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PEI Program Spotlight

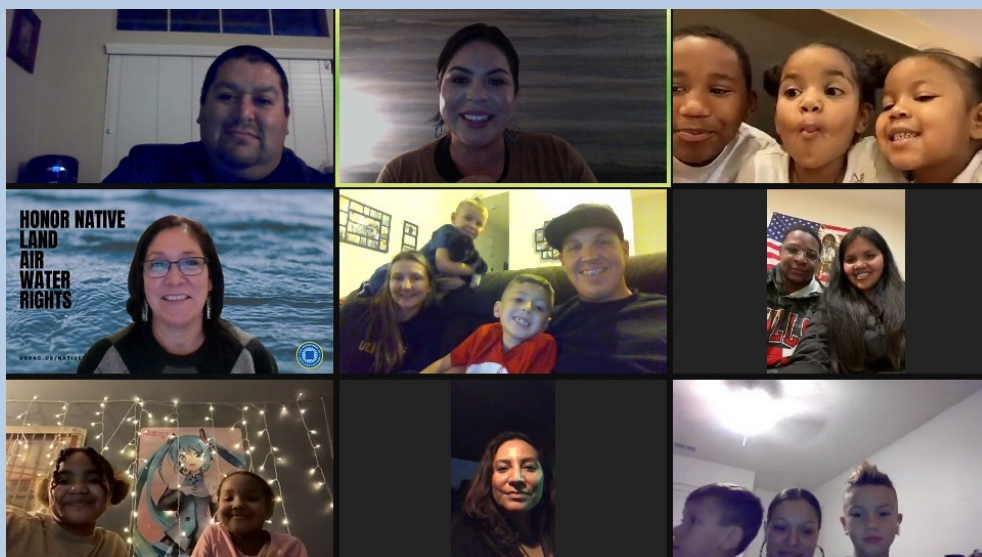
Celebrating Families: Strengthening the Circle

Riverside-San Bernardino County Indian Health, Inc. (RSBCIHI) is our provider for this new and exciting program, offering their services Countywide. The program consists of three components:

The Wellbriety Celebrating Families, evidence-based program, is a cognitive behavioral, support group model written for families in which there are risks for alcohol/substance use, domestic violence, child abuse, or neglect. It is designed to work with every member of the family, to strengthen recovery, break the cycle of addiction and increase positive family interactions. It fosters the development of safe, healthy, fulfilling, and addiction-free individuals and families by increasing resiliency factors and decreasing risk factors while incorporating addiction recovery concepts and healthy family living skills. It integrates traditional Native teachings and indigenous practices as a framework.

The RSBCIHI team is also able to offer Cognitive Behavioral Therapy (CBT) as another component of their program. It is included as an element of the Celebrating Families: Strengthening the Circle in order to provide individual, family, and/or group interventions to participants who are identified through clinical assessment as having emerging symptoms of depression or anxiety.

Lastly, the third component is a Gathering of Native Americans (GONA). GONA is a culture-based intervention and planning process where community members gather once per year, to address community-identified issues. It uses an interactive approach that empowers and supports Native American/ Indigenous communities with traditional songs, drumming, prayers, and stories.



Pictured: Celebrating Families virtual program participants.

Partners in Increasing Awareness

Pain Isn't Always Obvious

**KNOW
THE SIGNS**

Suicide Is Preventable.org

CRISIS TEXT LINE

TEXT CONNECT TO 741741

HELPLINE

951 - 686 - HELP (4357)

NATIONAL SUICIDE PREVENTION

LIFELINE

1 - 800 - 273 - 8255

Suicide is Preventable

Know the signs to save a life today

- Talking about wanting to die.
- Looking for a way to kill oneself.
- Talking about feeling hopeless or 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.

#ICYMI Each Mind Matters is now Take Action for Mental Health

Take Action for Mental Health is an evolution of the Each Mind Matters campaign. Over the last decade, Each Mind Matters 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, please visit www.takeaction4mh.com



The California Mental Health Services Authority

The California Mental Health Services Authority (CalMHSA), in collaboration with its county members, is a leading voice for mental health services for California. Created to deliver on the promise of the Mental Health Services Act (MHSA), 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 Prevention and Early Intervention (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 wellbeing, reduce the stigma associated with mental illness and help-seeking, and prevent suicide.

Free Virtual Presentations

Space is limited, registration is required.

To register, please visit:

<https://forms.gle/M31fLx7QvJPLQoVk9>

If you have any questions please email or call Prevention & Early Intervention
(951) 955-3448 | PEI@ruhealth.org



Building Resiliency and Understanding Trauma

This 2 hour presentation will focus on:

Understanding and defining trauma and different trauma types; Impact of trauma on the brain; Child Traumatic Stress (CTS); Adverse Childhood Experiences (ACEs); Adverse Community Experiences and Resilience (ACE | R); Resiliency and being trauma-informed. Disponible en Español bajo petición.



Mental Health 101

This 1.5 hour presentation will focus on:

Understanding mental health; Understanding mental health vs. mental illness; Mental health spectrum; Stigma reduction; Risk and protective factors; Available resources. Disponible en Español bajo petición.



Self Care and Wellness

This 2 hour presentation will focus on:

Understanding how stress affects you (psychological, spiritual, interpersonal and physical impacts); Strategies to help you manage stress and build resiliency; Practicing the different strategies through guided virtual activities; Available resources and how to connect. Disponible en Español bajo petición.



Know the Signs

This 2 hour presentation will focus 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.

These trainings are made possible by Riverside University Health System - Behavioral Health, Prevention and Early Intervention. Funding is provided through the Mental Health Services Act.



Presentaciones Virtuales Gratuitas

El espacio es limitado, es necesario registrarse.

Para registrarse, visite:

<https://forms.gle/XbrDJdcJUqUm8geZ6>

Disponible en Español bajo petición.

Si tiene alguna pregunta, envíe un correo electrónico o llame a

Prevención e Intervención Temprana

(951) 955-3448 | PEI@ruhealth.org



Desarrollando la Capacidad de Adaptarse y Comprendiendo el Trauma

Esta presentación de 2.5 horas se centrará en:

Comprender y definir el trauma y los diferentes tipos de trauma; Impacto del trauma en el cerebro; Estrés Traumático Infantil (CTS); Experiencias Adversas de la Niñez (ACEs); Experiencias Adversas de la Comunidad y Resiliencia (ACE | R); Resiliencia y estar informado sobre el trauma.



Salud Mental 101

Esta presentación de 2 horas se centrará en:

Comprensión de la salud mental; Comprender la salud mental frente a las enfermedades mentales; Espectro de salud mental; Reducción del estigma; Factores de riesgo y protección; Recursos disponibles.



Auto-Cuidado y Bienestar

Esta presentación de 2.5 horas se centrará en:

Comprender cómo le afecta el estrés (psicológico, espiritual, interpersonal y impactos físicos); Estrategias para ayudarlo a manejar el estrés y desarrollar resiliencia; Practicando las diferentes estrategias a través de actividades virtuales guiadas; Recursos disponibles y cómo conectar.



Reconozca las Señales

Esta presentación de 2 horas se centrará en:

Entender cómo reconocer las señales de advertencia del suicidio, cómo encontrar las palabras para tener una conversación directa con alguien en crisis y dónde encontrar ayuda profesional y recursos.

Esta capacitación es posible gracias al Sistema de Salud Integral de Riverside - Salud Mental y Bienestar, Prevención e Intervención Temprana, a través de la Ley de Servicios de Salud Mental.

Connect With Us

PEI Funding Opportunities

Visit the public purchasing website to learn more about the upcoming funding opportunities.

<https://purchasing.co.riverside.ca.us/Bids/OpenBids/Publicpurchaseopenbids.aspx>

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

Interested in doing business with the County of Riverside?

Register with RivcoPRO today! To request an invite or more information, contact RivcoPRO Support at RivcoPRO@rivco.org or call (951) 955-3410.

Registration in RivcoPRO is required for vendors to do business with the County of Riverside and to view / submit for open bidding opportunities. Be prepared with the following when requesting an invite. 1). Legal Business Name 2). Contact Name and 3). Contact Email.

Registration is open to new and existing vendors.

SOCIAL MEDIA



@RUHSBH



RUHS-BH



#RUHSBH

PEI Collaborative

Location

Zoom Meeting- Please register in advance

<https://ruhealth.zoom.us/j/6337414414>

Upcoming Meetings:

March 31, 2021

12:00 pm - 2:00 pm

**5th Wednesday of the month*

RUHS - Behavioral Health, Prevention and Early Intervention (PEI) invites you to join us in our quarterly collaborative meetings. Building upon our community planning process we will have meetings throughout the year to keep you informed about PEI programming and services, build partnerships and collaborate, and work together to meet the prevention and early intervention needs for the individuals, children, families, and communities of Riverside County. This meeting is open for anyone who works with those who are impacted by PEI programming, agencies and organizations seeking to partner with PEI programs and providers, anyone interested in learning more about PEI services and their impact on the community, as well as anyone interested in having a voice regarding PEI programs.

Suicide Prevention Coalition

Location

Zoom Meeting- Please register in advance

<https://ruhealth.zoom.us/j/6337414414>

Upcoming Meeting:

April 27, 2022

9:00 am—11:00 am

**Quarterly Meeting*

Building Hope and Resiliency: A Collaborative Approach to Suicide Prevention in Riverside County is our local strategic plan designed to eliminate suicide in Riverside County. Join our quarterly meetings to learn how the suicide prevention coalition is bringing the plan into action as well as broaden your knowledge and build expertise in suicide prevention best practices.

For more information on how you can join the Coalition and or to receive the Zoom link please email: Mi.Gomez@ruhealth.org

PEI Pulse is published by the Prevention and Early Intervention program of Riverside University Health System - Behavioral Health. Please direct inquiries to PEI@ruhealth.org