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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.*
- *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

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Angry Kids: Dealing With Explosive Behavior

When a child—even a small child—melts down and becomes aggressive, he can pose a serious risk to himself and others, including parents and siblings.

It's not uncommon for kids who have trouble handling their emotions to lose control and direct their distress at a caregiver, screaming and cursing, throwing dangerous objects, or hitting and biting. It can be a scary, stressful experience for you and your child, too. Children often feel sorry after they've worn themselves out and calmed down.

So what are you to do?

It's helpful to first understand that behavior is communication. A child who is so overwhelmed that he is lashing out is a distressed child. He doesn't have the skill to manage his feelings and express them in a more mature way. He may lack language, or impulse control, or problem-solving abilities. Sometimes parents see this kind of explosive behavior as manipulative. But kids who lash out are usually unable to handle frustration or anger in a more effective way—say, by talking and figuring out how to achieve what they want.

Nonetheless, how you react when a child lashes out has an effect on whether he will continue to respond to distress in the same way, or learn better ways to handle feelings so they don't become overwhelming. Some pointers:

- **Stay calm.** Faced with a raging child, it's easy to feel out of control and find yourself yelling at him. But when you shout, you have less chance of reaching him. Instead, you will only be making him more aggressive and defiant. As hard as it may be, if you can stay calm and in control of your own emotions, you can be a model for your child and teach him to do the same thing.
- **Don't give in.** Don't encourage him to continue this behavior by agreeing to what he wants in order to make it stop.
- **Praise appropriate behavior.** When he has calmed down, praise him for pulling himself together. And when he does try to express his feelings verbally, calmly, or try to find a compromise on an area of disagreement, praise him for those efforts.
- **Time outs and reward systems.** Time outs for nonviolent misbehavior can work well with children younger than 7 or 8 years old. If a child is too old for time outs, you want to move to a system of positive reinforcement for appropriate behavior—points or tokens toward something he wants.

To learn more, visit:

<https://childmind.org/article/angry-kids-dealing-with-explosive-behavior/>

2019 Directing Change

Directing Change gives an opportunity for youth and young adults to promote mental health, reduce stigma and prevent suicide.



Film makers were invited to the Each Mind Matters Directing Change State Wide event at the Ace Hotel in Los Angeles and to the local Inland Empire Directing Change Ceremony hosted at the San Bernardino California Theatre of The Performing Arts .

Watch their inspirational videos on the Directing Change website.
<http://www.directingchange.org/films>

Each Mind Matters Directing Change 2019 State Winners

First place

Suicide Prevention

Film: Direct Message
School: Encore High School
Film makers: Taylor Krutsch, Joshua Guerrero, Alexis Paramo
Advisor: Jared Nelson

Second place

SanaMente

Film: La Vida Nunca Para
School: Encore High School
Film makers: Andrea Leon
Advisor: Jared Nelson

Third Place

Suicide Prevention

Film: A journey you don't have to fight alone
School: Eleanor Roosevelt High



Walk in Our Shoes

Film: Keep An Eye on me
School: David A Brown Middle school

Through the lens of culture

Film: Failing in Silence
School: Encore High School

Directing Change 2019 Inland Empire Winners

Walk in Our Shoes

Film: Keep An Eye on me
School: David A Brown Middle school
Film makers: Angelo Gilbert, Katelyn Dwelley, Ellis Garrett, Madeline Bielman
Advisor: Amy Pitotti

Mental Health Matters

Film: Frozen Sunshine
School: Encore High School
Film makers: Sophia Wolfe and Halie DeVries
Advisor: Jared Nelson

Suicide Prevention

Film: A journey you don't have to fight alone
School: Eleanor Roosevelt High School
Film makers: Tanaka Agere, Allysa Cabatingan, Gianna Barrantes, Daniel Melgoza
Advisor: Jacob Fuller

SanaMente

Film: Mi Abuela
School: Martin Luther King
Film makers: Conner Nickson, Stephen Corley, Miguel Vargas
Advisor: Jamal Gerren

Animated

Film: Bursting bubbles
School: New Horizons High Schools
Film makers: Finn Alvarez, Monica Torres, Delilah Baca
Advisor: Theodora Douglas

Through the lens of culture

Film: Falling in Silence
School: Encore High School
Film makers: Adam R, Danik S, Andrea L, Zoey C
Advisor: Jared Nelson

Triple P Program

Triple P is a multi level family intervention designed to promote positive parenting practices in the community and prevent a range of social and behavioral problems in children. Ultimately, Triple P aims to support parents to promote their child's social, emotional, behavioral development.

Group Triple P is an 8-session intervention comprising five group sessions and three brief individual consultations. Group triple P provides parents with the opportunity to learn through observation, discussion, practice and feedback.

Contact Information

Wylie Center

Program Coordinator:

Susan Becerra

Phone:
951-683-5193 ext 208

Email:
Sbecerra@wyliecenter.org

The program is being offered countywide



Pictured above: Graduation Pictures with the mothers that successfully completed the Triple P Program countywide.

Success Stories

"I took in a 7 year old foster child. I had filled out a 7 day notice for him to be removed right before enrolling in the parenting class. I then used what I was learning in the class. I just want you to know that he is staying. He is not going back into the system. The class showed me that I needed to look at his needs rather than my own needs. I think every foster parent should take this class." - **Parent**

"How to solve any problem at home. I learned how to deal with my child's behavior, how to make rules, praise and to be consistent." - **Parent**

"How to plan ahead and chart behavior; learn discipline technique and set ground rules; to also use positive encouragement and ignore bad behavior." - **Parent**

"Keeping up with consistency is important and praising your child helps a lot. Praising at least four times for every one time you scold child is the right ratio." - **Parent**

Partners in Increasing Awareness



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.

Each Mind Matters: California's Mental Health Movement

The organization works to advance mental health awareness by reducing stigma, improving mental health and equality. In addition, the organization connects individuals with local events in order to build community. Some of these events include, screenings, forums, and awareness walks. While also offering tips and tools to help people take positive action towards their mental health. Wear your green ribbon today to be an advocate for mental health!

To learn more, please visit www.eachmindmatters.org



The California Mental Health Services Authority (CalMHSA) is an organization of county governments working to improve mental health outcomes for individuals, families and communities. Prevention and early intervention (PEI) initiatives implemented by CalMHSA – and collected under the banner of Each Mind Matters: California's Mental Health Movement – include Stigma and Discrimination Reduction, Suicide Prevention and Student Mental Health, all of which are funded through the voter-approved Mental Health Services Act (Prop. 63). For more information: www.calmhsa.org

CONNECT WITH US

PEI COLLABORATIVE

Location: 2085 Rustin Ave.
Riverside ,CA, 92507

**Date: Wednesday
July 31, 2019
Time: 12 pm - 2 pm**

Lunch will be served. Please RSVP to ensure we have enough food for all.

Please email: PEI@ruhealth.org

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.

SOCIAL MEDIA



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RUHS-BH



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PEI Trainings

Applied Suicide Intervention Skills Training (ASIST)

2 Day Interactive training course

Learn how to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety.

SafeTALK Training



3 hour training course

Learn ways to engage with people who are having thoughts of suicide and connect them with resources.

Mental Health First Aid (Adult and Youth)

8 hour training course

Learn risk factors and warning signs of mental illnesses, build understanding of their impact, and learn about common supports.

Also offered in Spanish



PEI Funding Opportunities

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

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

Coming soon:

Building Partnerships with Cultural Communities
TAY Resiliency Project
Native American Project

To get on our PEI notification list and receive this link, email PEI@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