

RIVERSIDE UNIVERSITY HEALTH SYSTEM — BEHAVIORAL HEALTH

# PREVENTION & EARLY INTERVENTION

## Directory of Services





## OUR MISSION

Riverside University Health System—Behavioral Health (RUHS—BH) exists to provide effective, efficient, and culturally sensitive community-based services to adults, older adults, and children who are at risk of developing or have mental health conditions or substance abuse disorders. RUHS—BH also provides services to individuals on conservatorship. We strive to provide consumers with services that will empower them to achieve and maintain their own recovery goals and personal wellness. More information about behavioral health and the programs offered by RUHS—BH can be found at [www.rcmhd.org](http://www.rcmhd.org).

## OUR VISION

RUHS—BH believes that people with mental illness can and do recover and go on to lead rich, productive and satisfying lives. The definition of recovery is not limited to the absence of symptoms, but rather that the individual has created a purposeful path that leads him or her to a meaningful and satisfying life beyond a mental health diagnosis. It is about regaining and frequently discovering who you are and who you were meant to be. The vision of Riverside University Health System—Behavioral Health is to provide services that reflect our consumers' own picture(s) of their recovery and to empower them in their journeys toward fulfilling lives.

Consumers' visions for their recovery include:

- Having a safe, stable, and comfortable living environment
- Engaging in chosen, productive, daily activities (work, school, and personal interests)
- Being safe in the community and out of trouble with the law
- Being connected and involved with family, peers, and the community
- Not being incapacitated by internal stress, drug, or alcohol use

The degree to which we help consumers meet their criteria for successful recovery is an important measurement of the Department's success in fulfilling its vision.

## MENTAL HEALTH SERVICES ACT

California voters to provide a 1% tax on personal income over \$1 million in order to expand and transform the county behavioral health service system approved the Mental Health Services Act (MHSA), also known as Proposition 63. It became effective on January 1, 2005. One of the key components of the MHSA is Prevention and Early Intervention (PEI).

## PREVENTION & EARLY INTERVENTION

The Prevention and Early Intervention (PEI) component of the Mental Health Services Act is intended to broaden the behavioral health system to become a “help first” system, which includes programs and services for people at risk of developing behavioral health problems, as well as their family, friends, and caregivers.

This Prevention and Early Intervention Directory of Services was developed to provide a simple and easy to use resource that lists programs and services in Riverside County. The programs and services listed in this guide are primarily offered in community and home-based settings. Please contact the providers for information about the location of services and programs.

## WHAT IS PREVENTION?

- Prevention in behavioral health involves building protective factors and skills, increasing support, and reducing risk factors or stressors
- Prevention efforts occur prior to a diagnosis of mental illness
- Generally there are no limits on prevention programs

## WHAT IS EARLY INTERVENTION?

- Addresses a condition early in its manifestation
- Is of relatively low intensity
- Is of relatively short duration (less than one year)
- May include individual screening for confirmation of potential behavioral health needs
- Has the goal of supporting well-being in major life domains and avoiding the need for more extensive behavioral health services

As a result of an extensive community planning process, Riverside University Health System—Behavioral Health developed a PEI plan that was approved by the Mental Health Oversight and Accountability Commission on September 24, 2009. The PEI plan includes many programs and activities to address the needs of individuals at highest risk of developing behavioral health problems as well as those who are recently experiencing behavioral health symptoms.

RUHS—BH divides the county into three service delivery regions, which are known as Western, Mid-County, and Desert. The Research and Evaluation Unit analyzed data in order to identify the initial target communities throughout the county. The data included areas with high rates of risk factors that increase the risk of the development of behavioral health problems. These risk factors include, but are not limited to, child abuse rates, elder abuse rates, crime rates, school dropout rates, and poverty.



Community Education &  
Stigma Reduction

Parent & Family Support & Training

School Based Programs

Transition Age Youth (TAY) Programs

Older Adult Programs

Trauma Programs

Specialized Ethnic Community Initiatives







# COMMUNITY EDUCATION & STIGMA REDUCTION

# Community Education & Stigma Reduction



## Active Minds

Active Minds chapters are student run with a faculty/ staff member acting as an advisor. Active Minds chapters "work to increase students' awareness of behavioral health issues, provide information and resources regarding behavioral health and mental illness, encourage students to seek help as soon as needed, and serve as liaison between students and the behavioral health community."



## Mount San Jacinto College

Advisor: 951-639-5566



## University of California Riverside

Advisor: 951-827-6727



## Riverside City College - Riverside Campus

Advisor: 951-222-8508



## College of the Desert

Advisor: 760-773-2534



# Community Education & Stigma Reduction

## Promotores de Salud Mental

Mental health promotores(as) provide behavioral health education and support to members of their respective communities. The promotores(as) provide large group and small group presentations as well as meet with individuals and families to provide information on behavioral health topics and resources.

Riverside University Health System—Behavioral Health is committed to serving the needs of our specialized ethnic communities. Currently, we are diligently searching for service providers for the program listed above.

## Contact for Change

Contact for Change is a new initiative designed to reduce stigma regarding mental illness and to increase community awareness within target populations regarding mental health information and resources. The two programs included within the Contact for Change initiative are Speaker's Bureau and Educator Awareness Program. Each program involves presenters who have lived experience with mental health challenges who share their personal stories of recovery. Contact for Change will be provided by RI International.



### WESTERN REGION:

1737 Atlanta Avenue, Suite H5 | Riverside, CA 92507  
951-686-5484 ext. 205

### MID-COUNTY REGION:

170 Wilkerson Avenue, Suite A & B | Perris, CA 92570  
951-345-1193 ext. 209

### DESERT REGION:

81-735 Highway 111, Suite B | Indio, CA 92201  
760-342-5517







# PARENT & FAMILY SUPPORT & TRAINING

## Strengthening Families Program (SFP) 6-11

SFP 6-11 is an evidence-based practice that uses a parent, youth, and multi-family group format to prevent teen problem behaviors and substance abuse, strengthen parenting skills, and build family strengths. SFP 6-11 has been proven effective in lowering levels of aggression, increasing the resistance to peer pressure in youth, and increasing the ability of parents to set appropriate limits while showing affection to their children. SFP 6-11 is a 14-session program with two-hour sessions, usually held weekly in the evenings at school and in community settings.



### WESTERN REGION:

My Family, Inc.

5870 Arlington Avenue, Suite 103

Riverside, CA 92504

951-683-6596



### MID-COUNTY REGION:

My Family, Inc.

1604 S. Santa Fe Avenue, Suite 403

San Jacinto, CA 92583

951-654-4383



### DESERT REGION:

Riverside Latino Commission

1538 7th Street

Coachella, CA 92236

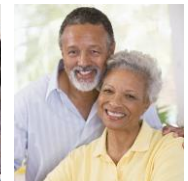
760-398-8880

## Positive Parenting Program (Triple P)

A parent education program for parents and caregivers of children age 2-12. The program is suitable for parents/caregivers with concerns about their child's behaviors or wish to learn a variety of parenting skills that will promote their child's development. Classes are offered in community locations.



DESERT, MID-COUNTY, & WESTERN REGIONS:  
The Carolyn E. Wylie Center  
4164 Brockton Avenue  
Riverside, CA 92501  
951-683-5193







# SCHOOL BASED PROGRAMS

# School Based Programs

## Peace 4 Kids

Peace 4 Kids is a school-based program offered to students and their families at Painted Hills Middle School and Desert Springs Middle School in Desert Hot Springs. The program focuses on empowering youth with essential social skills, empathy training, character education, and anger management. These lessons provide protective factors against community risks. The Parent Empowerment Groups bring together the entire family to strengthen family bonds. This group meets with students two class periods per week for up to 14 weeks, and gathers with the entire family a total of 8 sessions once a week. Peace 4 Kids promotes peace, empathy and integrity within the schools, families, and community. For more information, please call 760-863-8517.

### PAINTED HILLS MIDDLE SCHOOL

9250 Sonora Drive  
Desert Hot Springs, CA 92240

### DESERT SPRINGS MIDDLE SCHOOL

66755 Two Bunch Palms Trail  
Desert Hot Springs, CA 92240





TRANSITION  
AGE YOUTH  
(TAY)  
PROGRAMS

# Transition Age Youth (TAY) Programs

## Transition Age Youth (TAY)

### Peer to Peer Program

This prevention service utilizes Transition Age Youth (16-25) who reflect the populations they will be serving which include Lesbian, Gay, Bisexual, Transgender & Questioning foster youth, youth transitioning into college, and runaway/homeless youth. The TAY peer providers will provide formal and informal outreach, informal counseling and support/informational groups to at-risk youth and their families.



#### MID-COUNTY REGION:

##### "Peer to Peer"

#### Victor Community Support Services

555 N. Perris Boulevard, Building A

Perris, CA 92571

951-436-5300



#### WESTERN REGION:

##### "Cup of Happy"

#### Operation SafeHouse

9685 Hayes Street

Riverside, CA 92504

951-351-4418

#### DESERT REGION:

##### "Cup of Happy"

#### Operation SafeHouse

72-710 East Lynn Street

Thousand Palms, CA

92276

760-343-3211

## Outreach and Reunification for Homeless and Runaway Youth

Provides outreach to homeless and runaway youth. Crisis intervention and counseling strategies are used to facilitate reunification of the youth with an identified family member. Follow-up referrals will be provided to assist in stabilizing their living situation.



#### WESTERN REGION:

#### Operation SafeHouse

9685 Hayes Street

Riverside, CA 92503

951-351-4418

#### DESERT REGION:

#### Operation SafeHouse

72-710 East Lynn Street

Thousand Palms, CA

92276

760-343-3211



# Stress and Your Mood Program

SAYM is an evidence-based early intervention program used to treat depression. The program is low intensity and short in duration. Some family education regarding depression and family or parent sessions are included. Consistent with the model, providers will refer the Transition Age Youth (16-25), as appropriate, for a medication evaluation and work closely with the prescribing psychiatrist to ensure continuity of care. The program is provided in weekly individual or group sessions for 12-20 sessions.



**WESTERN REGION:**  
**Operation SafeHouse**  
9685 Hayes Street  
Riverside, CA 92503  
951-351-4418

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**DESERT REGION:**  
**Operation SafeHouse**  
72-710 East Lynn Street  
Thousand Palms, CA 92276  
760-343-3211

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**MID-COUNTY REGION:**  
**Operation SafeHouse**  
3043 Saffron Court  
Perris, CA 92571  
951-858-1305





# OLDER ADULT PROGRAMS

# Older Adult Programs

## CareLink

A care management program for frail older adults and disabled adults with the goal of assisting the individual with what they need to remain in the lowest level of care (i.e. their home). Each participant is screened for depressive symptoms and, if appropriate, provided an evidence-based intervention designed to reduce the severity of depressive symptoms.



**SERVING ALL REGIONS:**

**Riverside County Office on Aging**

6296 Rivercrest Drive # K | Riverside, CA 92507

951-867-3800

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## Caregiver Support Groups

A twelve-week educational and support program for caregivers. This program is primarily designed for caregivers of older adult participants in prevention and early intervention programs, caregivers of older adults with mental illness, and caregivers of older adults with dementia.



**SERVING ALL REGIONS:**

**Riverside County Office on Aging**

6296 Rivercrest Drive # K | Riverside, CA 92507

951-867-3800 or 1-800-510-2020

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## Cognitive-Behavioral Therapy (CBT) for Late Life Depression

An evidence-based early intervention service that is an active, directive, time-limited, and structured problem solving approach to reduce depression and suicide risk in older adults.



**DESERT REGION:**

**The Scott Hines Mental Health Clinic  
at The Center**

1301 N. Palm Canyon Drive, Third Floor  
Palm Springs, CA 92262 760-416-7899

## Cognitive-Behavioral Therapy (CBT) for Late Life Depression *(continued)*



**MID-COUNTY REGIONS:**  
**Family Service Association (FSA)**  
San Jacinto Senior Center  
625 S Pico Avenue  
San Jacinto, CA 92583  
951-292-5790



**WESTERN REGION:**  
**Family Service Association (FSA)**  
Eddie Dee Smith Senior Center  
5888 Mission Boulevard  
Riverside, CA 92509  
951-275-9975

## Program to Encourage Active and Rewarding Lives for Seniors (PEARLS)

This is a 19-week, evidence based program designed for people 60 years or older who have minor depression or dysthymia (an ongoing, low-grade depression of two or more years, in which depressive symptoms are present more days than not). PEARLS is an in-home intervention that utilizes an empowering and skill-building approach.



**SERVING ALL REGIONS:**  
**Inland Caregiver Resource Center**  
1430 E. Cooley Drive, Suite 124  
Colton, CA 92324  
(800) 675-6694



# TRAUMA PROGRAMS



# Trauma Programs

## Cognitive Behavioral Intervention for Trauma in Schools (CBITS)

The CBITS program is a group intervention for youth 10-15 years old who have symptoms of Post-Traumatic Stress Disorder (PTSD), including depression and anxiety caused by exposure to violence.



### SERVING ALL REGIONS:

#### Operation SafeHouse

9685 Hayes Street  
Riverside, CA 92503  
760-285-1740



### WESTERN REGION:

#### Jurupa Unified School District

4050 Pedley Road  
Jurupa Valley, CA 92509  
(951) 360-4102

## Seeking Safety

Is a present focused, coping skills program designed to simultaneously help individuals with a history of trauma and substance abuse. It is available in group or individual format and for female, male, or mixed gender groups. The program is offered at high school and college campuses as well as other community locations.



**WESTERN REGION:**  
**Riverside City College**  
**Health & Psychological Services**  
4800 Magnolia Avenue  
Riverside, CA 92506  
951-222-8151



**MID-COUNTY**  
**The Carolyn E. Wylie Center**  
4164 Brockton Avenue  
Riverside, CA 92501  
951-683-5193

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### **DESERT REGION:**

*Currently, Riverside University Health System—Behavioral Health is preparing to release a Request for Proposals to identify service providers for the Desert Seeking Safety Program.*





SPECIALIZED  
ETHNIC  
COMMUNITY  
INITIATIVES



# Specialized Ethnic Community Initiatives

## Building Resilience in African American Families

The initiative includes the following three programs:

### Africentric Youth and Family Rites of Passage Program

This program is designed for African American boys between ages 11-14 and in the Desert Region, a Pilot Program for African American girls between ages 11-13, who are at risk for the development of behavioral health problems, school failure, and involvement in the juvenile justice system. The program works with parents and their youth to enhance protective factors strengthening relationship bonds within the family from an Africentric orientation.

### Guiding Good Choices (GGC)

Guiding Good Choices focuses on the prevention of substance use and other behavioral problem topics related to raising pre-teens and teenagers. This 5-week program strengthens protective factors increasing family cohesion and decreases risk factors that disrupt healthy family development. This program is provided to the parents of the youth in the Building Resilience in African American Families (BRAAF) Rites of Passage Program.

### Cognitive Behavioral Therapy (CBT)

CBT is tailored to include individual, family, and/or group intervention to address and reduce symptoms of Post-Traumatic Stress Disorders (PTSD), exposure to violence, anxiety, depression, emotional crisis, and provide coping skills.



**MID-COUNTY REGION:**  
**Riverside County Black Chamber of Commerce**  
2060 Chicago Avenue, A13  
Riverside, CA 92570  
951-823-0175



**DESERT REGION: (Boys and Girls Program)**  
**Family Health and Support Network**  
74410 Highway 111, Suite D  
Palm Desert, CA 92260  
760-340-2442



## WESTERN REGION:

Sigma Beta Xi, Inc.

14340 Elsworth Street, Suite B112

Moreno Valley, CA 92553

951-247-0200

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## Mamás y Bebés (Mothers and Babies)

This is an 8-week mood management course provided during and after pregnancy for women at risk of post-partum depression. Women who complete the program also receive three individual booster sessions. The purpose is to teach participants to recognize which thoughts, behaviors, and social contacts have influence on their mood, the effect of mood on health, and the benefits of strengthening maternal-infant bonding.

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## Reach Out

1126 W Foothill Boulevard, Suite 250

Upland, CA 91786

909-982-8641

[info@wc-reachout.org](mailto:info@wc-reachout.org)



# Specialized Ethnic Community Initiatives

## Native American Initiative

The Native American Initiative serves all regions and includes the following two programs:

### Guiding Good Choices (GGC)

This is a parent education program that provides parents/guardians of children in grades 4 through 8 (9-14 years old) with the knowledge and skills needed to guide their children through early adolescence.

### Incredible Years (IY)

The Incredible Years, an evidence based program, is a set of comprehensive, multi-faceted, and developmentally based curricula targeting children and their parents/guardians.

Riverside University Health System—Behavioral Health is committed to serving the needs of our specialized ethnic communities. Currently, we are diligently searching for service providers for the programs listed above.

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## Filipino-American Mental Health Resource Center

The Filipino-American Mental Health Resource Center supports outreach activities and education. It also provides linkage to appropriate mental health services for Filipino Americans in the Perris Valley and surrounding areas of Riverside County in order to reduce mental health stigma, increase mental health awareness, and connect the community with services and mental health resources.



**Perris Valley Filipino-American Association, Inc.**  
24215 Fir Avenue  
Moreno Valley, CA 92559  
951-563-0049

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## Notes

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# RIVERSIDE COUNTY BOARD OF SUPERVISORS

The Board of Supervisors is the governing body of the County, certain special districts, and the Housing Authority. The Board enacts ordinances and resolutions, adopts the annual budget, approves contracts, appropriates funds, determines land use zoning for unincorporated areas, and appoints certain County officers and members to various boards and commissions.

Kevin Jeffries  
District 1

John Tavaglione  
District 2

Chuck Washington  
District 3

V Manuel Perez  
District 4

Marion Ashley  
District 5

Riverside University Health System—Behavioral Health has a dedicated staff of professionals who are committed to providing services that incorporate the latest innovations in clinical, administrative, policy, and research practice affecting behavioral health. These services are delivered throughout Riverside County.

Riverside University Health System—Behavioral Health  
Matthew Chang, M.D., Director



Behavioral Health Administration Office  
4095 County Circle Drive | Riverside, CA 92503  
951-358-4500  
[www.rcdmh.org](http://www.rcdmh.org) & [www.riverside.networkofcare.org](http://www.riverside.networkofcare.org)



## INFORMATION AND REFERRALS

National Suicide Prevention Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

Call: 800-273-TALK (8255).

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HELPLine is a free, confidential crisis/suicide intervention service.

Operated by highly trained volunteers, the line is open 24 hours a day, seven days a week.

Call: 951-686-HELP or 951-686-4357

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2-1-1 is a toll-free number that provides information and referrals for health and social services in Riverside County.

Call: 2-1-1

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CARES Line (Community Access, Referral, Evaluation and Support Line) Provides information and referrals for Medi-Cal and Riverside County Health Plan beneficiaries seeking Behavioral Health Services.

Call: 800-706-7500

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Riverside University Health System — Behavioral Health [www.rcdmh.org](http://www.rcdmh.org)  
Network of Care [www.riverside.networkofcare.org](http://www.riverside.networkofcare.org)

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