



# PEI PULSE

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



## Suicide Prevention Resource for Action

Preventing Suicide is a Priority. CDC's Suicide Prevention Resource for Action (Prevention Resource) details the strategies with the best available evidence to reduce suicide. The Prevention Resource can help states and communities prioritize suicide prevention activities most likely to have an impact. The programs, practices, and policies in the Prevention Resource can be tailored to the needs of populations and communities. The Prevention Resource has three components states and communities can use to inform their suicide prevention efforts.

- Strategies are the actions to achieve the goal of preventing suicide.
- Approaches are the specific ways to advance each strategy.
- Policies, programs, and practices have evidence of impact on suicide, suicide attempts, or risk and protective factors.

### Suicide Prevention Saves Lives.

Suicide is a serious public health problem in the United States. It contributes to premature death, long-term disability, lost productivity, and significant healthcare costs.

Suicide deaths reflect only a portion of the problem. Every year, millions of Americans seriously think about suicide, plan, or attempt suicide. Suicide and suicide attempts can contribute to lasting impacts on individuals, families, and communities.

#### The good news is that suicide is preventable.

CDC's National Center for Injury Prevention and Control's vision of "no lives lost to suicide" relies on implementing a comprehensive public health approach to prevention. This approach uses data to drive decision-making, implements and evaluates multiple prevention strategies that enhance resilience and improve well-being based on the best available evidence, and works to prevent people from becoming suicidal.

The Prevention Resource represents a select group of strategies based on the best available evidence to help communities and states focus on activities with the greatest potential to prevent suicide. These strategies focus on preventing the risk of suicide before it occurs and reducing the immediate and long-term harms of suicidal behavior for individuals, families, communities, and society.

*Strengthen economic supports, Create protective environments, Improve access and delivery of suicide care, Promote healthy connections, Teach coping and problem-solving skills, Identify and support people at risk, lessen harm, and prevent future risk.*

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**Riverside  
University**  
HEALTH SYSTEM  
Behavioral Health

# PROGRAM SPOTLIGHT

The **Suicide Prevention Coalition (SPC)** began when Riverside County developed a strategic plan for suicide prevention titled Building Hope and Resiliency: A Collaborative Approach to Suicide Prevention in Riverside County. The Suicide Prevention Coalition aims to advance the goals of the strategic plan. The Coalition comprises community members and organizations interested in suicide prevention. Efforts to end suicide in our County will take collaboration and cross-sectoral representation.

The Coalition meets quarterly to provide education and training in suicide prevention and review progress and updates from each of the eight sub-committees. Most recently, the Upstream sub-committee, focused on building resilience and increasing connectedness, has engaged more than 1,000 seniors through delivering “Kindness Kits” consisting of information on local resources, self-care items, and brain game activities. If you would like more information about the Suicide Prevention Coalition or would like to join a subcommittee, please visit [www.rivcospc.org](http://www.rivcospc.org).

For more information, visit: <https://www.rivcospc.org/>  
Scan the QR code to learn more or to join a sub-committee:



**THANK YOU TO ALL  
SPC PARTNERS AND  
MEMBERS**



## 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](mailto: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](mailto: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.

## 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](http://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](http://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](http://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](mailto: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](http://www.ruhealth.org/behavioral-health/prevention-early-intervention).

## UPCOMING EVENTS



### OUT OF THE DARKNESS INLAND EMPIRE WALK

Saturday, OCT. 21

Check-in 9 a.m. | Walk Start 10:30 a.m.

Inland Empire Health Plan, 10801 6th St., Suite 120, Rancho Cucamonga

Walk Chair: Jay Jester, 760-899-5406, afsp.jjester@gmail.com

**To learn more please scan the QR code.**



### SUICIDE PREVENTION COALITION CONFERENCE

*Creating Hope Through Action:  
Bridging the gap between Spirituality & Suicide Prevention*

**Wednesday, October 26 | 8:30 a.m. to 4 p.m.**

Agua Caliente Resort & Casino 32-250 Bob Hope Dr. Rancho Mirage

Please register at: [bit.ly/3sGgJ2p](https://bit.ly/3sGgJ2p)

*After registering, you will receive a confirmation email with tickets for the event.*

The 2nd Annual Conference of the Riverside County Suicide Prevention Coalition promises informative and interactive sessions to increase knowledge and awareness of suicide prevention efforts and reduce stigma related to suicide.

For more information on how you can join the coalition, visit [www.rivcospc.org](http://www.rivcospc.org).

**To register, please scan the QR code.**



### OUT OF THE DARKNESS COACHELLA VALLEY WALK

Saturday, OCT. 28

Check-in 9 a.m. | Walk Start 10:30 a.m.

Palm Desert Civic Center Park (Amphitheater Area), 43900 San Pablo Avenue, Palm Desert

Walk Chair: Jay Jester, 760-899-5406, afsp.jjester@gmail.com

**To learn more, please scan the QR code.**

