



PEI PULSE

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



Mental health of children and parents—a strong connection

Did you know the mental health of children is connected to their parents' mental health? A recent study found that 1 in 14 children has a caregiver with poor mental health. Fathers and mothers—and other caregivers who have the role of parent—need support, which, in turn, can help them support their children's mental health.

“ **A child's mental health is supported by their parents.** ”

Being mentally healthy during childhood includes reaching developmental and emotional milestones and learning healthy social skills and how to cope when there are problems. Mentally healthy children are more likely to have a positive quality of life and are more likely to function well at home and in school.

A child's healthy development depends on their parents—and other caregivers who act in the role of parents—who serve as their first sources of support in becoming independent and leading healthy and successful lives.

The mental health of parents and children is connected in multiple ways. Parents who have their own mental health challenges, such as coping with symptoms of depression or anxiety, may have more difficulty providing care for their child compared to parents who describe their mental health as good.

Caring for children can create challenges for parents, particularly if they lack resources and support, which can have a negative effect on a parent's mental health. Fathers are also important for promoting children's mental health, although they are not as often included in research studies as mothers. Supporting parents, and caregivers who act in the role of parent, is a critical public health priority.

For more information, visit [CDC.gov](https://www.cdc.gov), an online source for credible health information.

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Riverside
University
HEALTH SYSTEM
Behavioral Health

PROGRAM SPOTLIGHT

The **Strengthening Families Program (SFP)** is an evidence-based program for parents and children, ages 6 to 11. It pairs a trained team of group facilitators with parents and youth, in a multi-family group format designed to promote strong families, prevent teen problem behaviors and substance abuse, and strengthen parenting skills.

The program is consists of 14 sessions, held weekly in the evenings. Each session starts with a family meal, followed by parents and children meeting in separate groups to build skills and practice new behaviors. The group facilitators also incorporate family culture into program activities. In the final hour, parents and children meet together to practice communication and problem-solving, and to engage in activities to strengthen family bonding.

Sessions are interactive and include narrated videos, role-playing, discussions, games, and family projects. Incentives items like board games and sports equipment can be earned for good attendance and positive participation. Booster sessions are held after the program ends, to reinforce skills learned.

- **154 Riverside County families enrolled in the SFP.**
- **Overall, 83% of the families graduated from the SFP.**
- **198 individual parents/caregivers participated in the SFP.**

For more information, visit www.ruhealth.org/behavioral-health/pei-our-services.

**THANK YOU TO THE
FOLLOWING
AGENCIES FOR
OFFERING THE SFP**



MFI



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 RIVERSIDE COUNTY?

Register with RivcoPRO today! To request an invite or more info., email 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.

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.

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.



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.

These trainings are made possible by RUHS BH PEI and funded through the Mental Health Services Act.



CONNECT WITH US

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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, visit www.ruhealth.org/behavioral-health/prevention-early-intervention.

UPCOMING EVENTS



SUICIDE PREVENTION COALITION QUARTERLY MEETING

Wednesday, July 26 | 9 to 11:30 a.m.

Zoom Meeting– Please register at <https://bit.ly/3PIHI77>

After registering, you will receive a confirmation email with instructions on how to join.

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, visit www.rivcospc.org.

To join a sub-committee, please scan the QR code.



OUT OF THE DARKNESS RIVERSIDE COUNTY WALK

Saturday, Sep. 30

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

Fairmont Park | 2601 Fairmount Blvd., Riverside

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

To learn more, please visit <https://bit.ly/3D1R1Y8> or scan the QR code.



PEI COLLABORATIVE MEETING

Wednesday, Aug. 30 | Noon to 2 p.m.

Zoom Meeting - Please register at <https://bit.ly/44n4rJR>

After registering, you will receive a confirmation email and instructions on how to join.

We invite you to join our online quarterly PEI collaborative meetings. Building upon our community planning process, these meetings help keep you informed about PEI programming and services and help build partnerships that support the prevention and early intervention needs of our community.

Collaborative meetings are open to community members, providers, partner agencies and other interested stakeholders.

To learn more, please call 951-955-3448 or email PEI@ruhealth.org.