

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

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MENTAL ILLNESS DOESN'T DISCRIMINATE, SO WHY DO BIPOC COMMUNITIES HAVE DIFFICULTY ACCESSING CARE?

During challenging times, the topic of mental health and wellness moves to the forefront of many people's minds. However, this does not always mean that people who need mental health care will have access to it. In fact, some of the communities who are currently being hit hardest by events like the pandemic and the Black Lives Matter movement are statistically the least likely to receive quality mental health services. Here's a brief explanation of Black, Indigenous, and People of Color (BIPOC) mental health, the factors that make it difficult for underserved communities to receive care, and what mental health care providers can do to overcome accessibility disparities.

Barriers to Receiving Treatment

Mental illness does not discriminate. Studies have shown that nearly 1 in 5 Americans will experience a mental illness in a given year and mental illness is the leading cause of disability in the United States. While non-White people experience relatively similar rates of mental illness as White people, they face glaring disparities when it comes to accessing mental health help.

According to Mental Health America, 17% of Black people and 23% of Native Americans live with a mental illness and people who identify as belonging to two or more races are most likely to report any mental illness within the past year than any other racial or ethnic group. Research has shown that BIPOC groups are:

- Less likely to have access to mental health services
- Less likely to seek out treatment
- More likely to receive low or poor quality of care
- More likely to end services early

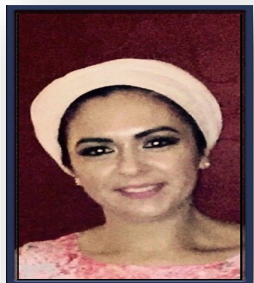
Some of these barriers can be attributed to a variety of factors such as cultural stigma around mental illness, systemic racism and discrimination, language barriers, a lack of health insurance, mistrust of mental health care providers, and a lack of cultural competency on the part of mental health care providers.

For full Article: <https://www.jcmh.org/mental-illness-doesnt-discriminate-so-why-do-bipoc-communities-have-difficulty-accessing-care/>

Cutural Community Liaisons



Kevin Phalavisay
LGBTQ Cutural Community



Riba Eshanzada
Middle Eastern/North African (MENA)



Dr. Ernelyn Navarro-Cheung
Asian American/Pacific Islander



Shirley Guzman
Hispanic/Latinx



Benita Ramsey
Spiritual/Faith Community

PEI Program Spotlight

Cultural Competency Program (CCP)

Riverside County is not only vast in size, it is also very diverse in race, ethnicity, age, physical ability, sexual orientation, faith, and several other factors that make us such a rich and vibrant county. The Cultural Competency Program (CCP) works to continuously develop and improve the cultural and linguistic service delivery of RUHS-BH. Its goal is to make certain the department is providing equitable behavioral healthcare for all individuals within the diverse community of Riverside County. The CCP strives to meet this goal by working with the department's entire system of care through outreach to populations who were historically underserved, underrepresented, and inappropriately served to services – removing barriers to access. The work is guided by the national Culturally and Linguistically Appropriate Services (CLAS) Standards.

With a goal of health equity, the CCP is committed to diversity, inclusion, justice, and belonging. The CCP also understands the value in employing staff who possess life experiences and expertise to make certain the workforce is culturally responsive and uses diversity to promote innovation and quality outcomes for the people we serve. In this vein, The CCP works to make certain department staff and contractors are aligned with the standards of equity through trainings, planning, and learning sessions. Based on community feedback, the CCP has identified ten targeted cultural populations:

- African American
- Asian American Pacific Islander
- Deaf and Hard of Hearing
- Latinx
- LGBTQIA+
- Middle Eastern North African
- Native American
- People with Disabilities
- Spirituality and Faith Based
- Veterans

These populations each have assigned Cultural Community Liaisons and subcommittees that meet regularly to disperse resources and discuss population need. The CCP also hosts the Cultural Competency Reducing Disparities (CCRD) Committee meeting. At this monthly meeting, all populations come together to discuss access, resources, and linkage to underserved populations. During this meeting department staff provides the community with behavioral health education and presentations by partner community organizations that address the social determinants of health. Additionally, the community uses this meeting to inform the service delivery system on cultural humility, while the CCP listens to the voice of the community's defined need and works with the community to outline solutions. The goal of the CCRD Committee is to have the voice of community stakeholders at the table with an emphasis on shared learning.

Cutural Community Liaisons



Dakota Brown
People with Disabilities



Dr. Sean Milanovich
Native American



Rachel Postovoit
Deaf/Hard of Hearing



Hazel Lambert
African American/Black



Esteban Solis
Cultural Community Liaisons Contractor

PEI Program Spotlight "Continued"

This year, the CCRD Committee selected an overarching theme of eliminating barriers to access by "identifying the immediate need of that particular population," with the specified focal points of:

- Approaching the Population with Openness, Humility, and Empathy
- Culturally Informed Services
- Empowerment and Advocacy (speaking up for populations and allowing populations to speak up for themselves)
- Hearing the Voice of the Community
- Linguistic Equity
- Stigma Reduction
- Trauma Informed Services

The CCP also has a Clinical Therapist available for individual and group consultations and service linkage, as well as Senior Peer Support Specialists (Parent Partner and Family Advocate) to help navigate various systems throughout the wellness journey.

For more information about the CCP, please visit rcdmh.org/ccp or contact the program at bh-ccp@ruhealth.org.



Partners in Increasing Awareness

Pain Isn't Always Obvious



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.

Trainings are available in Spanish Upon request.



PREVENTION AND EARLY INTERVENTION NEW WEBSITE

NEW

<https://www.ruhealth.org/behavioral-health/prevention-early-intervention>

Register for
Trainings



Community
Presentations



Register for
upcoming Events



PEI Service
Directory



PEI Quarterly
Newsletter



Follow the PEI
Collaborative Meetings



AND MORE.....

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

Cultural Community Liaison Presentation

November 22, 2022
@10:00 AM -11:30 AM
"Faith, Spirituality and Whole Person -Care "

By "Benita Ramsey "

To register :
<https://bit.ly/3SltQxd>



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

SOCIAL MEDIA



@RUHSBH



RUHS-BH



#RUHSBH

PEI Collaborative

Location

Zoom Meeting– Please register in advance

Register in advance for this meeting:

<https://ruhealth.zoom.us/join/register/tZEvc6spzggH9HzUhKg8e4dAjzSinfXWXO9>

Upcoming Meetings:

November 30, 2022
12:00 pm - 2:00 pm

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



First Suicide Prevention Coalition Summit
"Emerging Trends in Suicide Prevention"

Riverside Convention Center

3637 5th St, Riverside, CA 92501

OCTOBER 27, 2022

8:30 am—4:00 pm

Follow live Stream on:

<https://www.facebook.com/countyriver-sidedepartmentofpublichealth>

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 **FIRST SUMMIT** 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 an invitation for the Summit, 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