

VOL. 6 ISSUE 1 • FEB 2023

# PEI PULSE

OFFICIAL NEWSLETTER OF PREVENTION AND EARLY INTERVENTION



## 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 with relatively low intensity and relatively short duration (less than one year).

## PEI COLLABORATIVE

### Upcoming Meetings:

**March 29, 2023**  
**Noon - 2:00 P.M**

\*5th Wednesday of the month

Zoom Meeting- Please register in advance  
<http://bit.ly/3luqOF5>

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

RUHS - Behavioral Health, Prevention and Early Intervention (PEI) invite 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 of 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.

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

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**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)





## LATINX/HISPANIC COMMUNITIES AND MENTAL HEALTH

The Latinx/Hispanic community is made up of diverse individuals oftentimes set apart by their country of origin or ancestral history.

For the Latinx/Hispanic community, mental health and mental illness are often stigmatized topics resulting in prolonged suffering in silence. This silence compounds the range of experiences that may lead to mental health conditions, including immigration, acculturation, trauma, and generational conflicts. Additionally, the Latinx/Hispanic community faces unique institutional and systemic barriers that may impede access to mental health services, resulting in reduced help-seeking behaviors.

Mental Health America (MHA) works at both the national and local levels to raise awareness about mental health. We believe that everyone at risk for mental illnesses and related disorders should receive early and effective interventions based on the unique needs of the individual. We are focused on creating materials and content that help to bridge the gap in knowledge about mental health conditions with the goal of normalizing conversations around mental health in this community.

We strive to ensure that our Spanish language materials are translated and adapted to be reflective of the various sub-groups that make up the Spanish-speaking community. A complete list of Spanish language materials, including our Spanish-language screening tools, are provided further below.

### Attitudes

Religion can be a protective factor for mental health in Latinx/Hispanic communities (faith, prayer) but can also contribute to the stigma against mental illness and treatment (demons, lack of faith, sinful behavior), so targeting religious institutions to help encourage good mental health and treatment-seeking are important.

There is a perception in Latinx/Hispanic communities, especially among older people, that discussing problems with mental health can create embarrassment and shame for the family, resulting in fewer people seeking treatment.

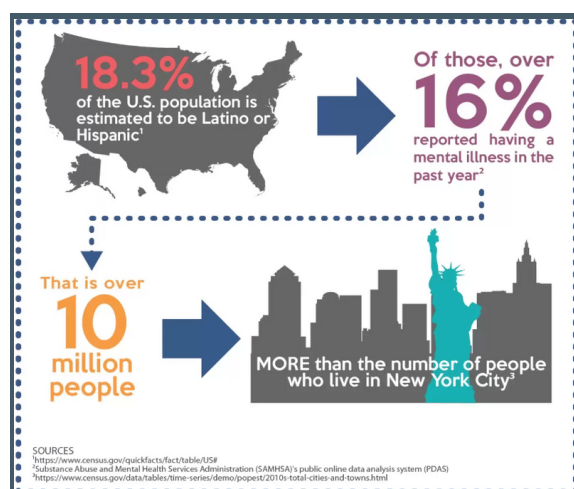
### Prevalence

Research shows that in the Latinx/Hispanic population, older adults and youth are more susceptible to mental distress relating to immigration and acculturation.

While rates of mental health disorders among Latinx Americans are lower than those for non-Latinx whites and are higher among U.S.-born Latinx/Hispanic people than those who are foreign-born.

Despite this, according to SAMHSA's National Survey on Drug Use and Health, overall mental health issues are rising for Latinx/Hispanic people between the ages of 12-49.

Serious mental illness (SMI) rose from 4 percent to 6.4% in Latinx/Hispanic people ages 18-25 and from 2.2 % to 3.9 % in the 26-49 age range between 2008 and 2018.



### Demographics/Societal Issues

By 2060, the number of Latinx/Hispanic people in the United States is projected to grow to 119 million, or 28.6 % of the population.

62 % of U.S. Latinx/Hispanic people have a Mexican background, followed by 9.5 percent with a Puerto Rican background, 3.9 % with a Salvadoran background, 3.9 % with a Cuban background, 3.5 % with a Dominican background, and 2.5 % with a Guatemalan background.

33% of U.S. immigrants are Latinx/Hispanic and 79% of Latinx/Hispanic people living in the U.S. are citizens.

Overall, 16 % of Latinx/Hispanic people have a bachelor's degree or higher.

19 % of Latinx/Hispanic people in the U.S. live in poverty.

Latinx/Hispanic people are highly concentrated in a few states in the U.S. There are one million or more Latinx/Hispanic people in Arizona, California, Colorado, Florida, Georgia, Illinois, New Jersey, New Mexico, New York, and Texas.





## **Treatment Issues**

The American Psychiatric Association digested several studies in a 2017 fact sheet. Among its highlights, it found that:

- Latinx/Hispanic people are more likely to seek help for a mental health disorder from a primary care provider (10 %) than a mental health specialist (5 %).
- Poor communication with healthcare providers is often an issue. There is a shortage of bilingual or Spanish-speaking mental health professionals.
- Bilingual patients are evaluated differently in English versus Spanish and Latinx/Hispanic people are more frequently undertreated than whites.
- Latinx/Hispanic adolescents use anti-depressants at half the rate of their white counterparts.
- Latinx/Hispanic children use stimulants for ADD and ADHD at half the rate of white children.
- Mental health problems can be hard to identify because Latinx/Hispanic people often focus on physical symptoms and not psychiatric symptoms during doctor visits.

## **Access/Insurance**

Eighteen percent of Latinx/Hispanic people in the U.S. do not have health insurance, with those of Honduran and Guatemalan origin having the highest rates of being uninsured (35% and 33 %, respectively). In 2018, 56.8 % of Latinx/Hispanic young adults 18-25 and 39.6% of adults 26-49 with serious mental illness did NOT receive treatment.

Nearly 90% of Latinx/Hispanic people over 12 with a substance use disorder did NOT receive treatment. In April 2014, MHA launched online mental health screening tools on its website ([www.MHAscreening.org](http://www.MHAscreening.org)). In analyzing a sample of over 50,000 screens, MHA found that significant percentages of Latinx/Hispanic respondents indicated that they would either self-monitor their mental health or seek guidance from a peer.

## **Partnerships And Resources**

- [Información Y Materiales De Salud Mental En Español](#)
- [Supporting Mental Health of Immigrant Communities](#)
- National Alliance for Hispanic Health: [www.healthyamericas.org/](http://www.healthyamericas.org/)
- American Psychological Association: [www.apa.org](http://www.apa.org)
- American Psychiatric Association: [www.psych.org](http://www.psych.org)
- American Society of Hispanic Psychiatry: <http://americansocietyhispanicpsychiatry.com/>
- MANA - A National Latina Organization: <http://www.hermana.org/>
- National Association of Hispanic Nurses: <http://www.thehispanicnurses.org/>
- UnidosUS: <http://www.unidosus.org/>
- National Hispanic Medical Association: <http://www.nhmamd.org/>



### **Screening Tools**

Taking a [mental health screening](#) is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition.

MHA tiene dos pruebas en Español:  
[Prueba De Depresión](#)  
[Prueba De Ansiedad](#)

### **Mental Health Resources For Latinx/Hispanic Communities**

- [Therapy for Latinx](#): national mental health resource for the Latinx community; provides resources for Latinx community to heal, thrive, and become advocates for their own mental health.
- [Therapist Directory](#)
- [Book Recommendations](#)
- [Latinx Therapy](#): breaking the stigma of mental health related to the Latinx community; learn self-help techniques, how to support self & others.
- [The Focus on You](#): self-care, mental health, and inspirational blog run by a Latina therapist.

Article source: [mhanational.org/issues/latinxhispanic-communities-and-mental-health](http://mhanational.org/issues/latinxhispanic-communities-and-mental-health)



## PEI Providers Spotlight

### Vision y Compromiso is Culturally Driven

Vision y Compromiso is a national non-profit organization and a leader in the field of community health targeting Latinos to improve community well-being by supporting promotores and community health workers (CHWs).

The goal of the Promotores(as) de Salud Mental y Bienestar Program is to establish a collaboration and partnership between Riverside University Health System–Behavioral Health and key community leaders from the Latino population and Communities.

Promotores:

"Are deeply rooted in their desire to transform their communities into healthier places where all residents can live a healthy and dignified life"

Promote awareness on:

- Mental health topics
- Resources to Latino communities

Promotores Increase access to needed services including:

- Prevention
- Early Intervention programs

Promotores bring the education and information where it is needed:

- Family Resource centers
- Faith organizations
- School Districts
- Senior Centers
- Libraries
- Parks
- Apartment complexes
- Mobile home parks
- Health Fair/community events
- Residences



Vision Y Compromiso team awarding Michelle Downs (Staff Development Officer - Prevention And Early Intervention, Carlos Escobedo (SSP -PEI) Rustin Conference Center, November 2022 Melinda Cordero, Maria D. Gallardo, Margarita Larreta, Ana P. Cruz, Guadalupe Lopez, Abylene Navarro, Saira Gomez

Figures Highlights collected by Vision y Compromiso for FY 21-22:

Vision y Compromiso is collaborating with RUHS for 3 years. With a lot of success stories.

- 1.722 presentations in the West and Dessert Regions of Riverside.
- 7.164 Participants Attended Presentations.
- Topics included Anxiety, Depression, General Mental Health, Suicide Prevention, Trauma, Effects of Drugs, Alcohol, and more.
- A majority of those who attended were female.
- 67% of participants were adults between 26-59 yrs. old.
- 558 occurrence was in-depth of 1 to 1 assistance for individual consultation.
- 742 referrals made to support groups economically.
- A majority spoke Spanish as their primary language or were bilingual

"That it is not normal to feel so sad and defeated all the time, that it is necessary to ask for help and take care of yourself."

"liked this information, we should learn more about these issues and know where to seek help"

Participants Comment



## Partners in Increasing Awareness

Pain Isn't Always Obvious

**KNOW  
THE SIGNS**

Suicide Is Preventable

### 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.

### CRISIS TEXT LINE

TEXT CONNECT TO 741741

### HELPLINE

951 - 686 - HELP (4357)

### SUICIDE AND CRISIS LIFELINE

1 - 800 - 273 - 8255 or 988

**988 SUICIDE & CRISIS  
LIFELINE**

## #ICYMI Each Mind Matters is now Take Action for Mental Health

**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](http://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 Presentations

To register, please visit the link or scan the QR code.  
<https://www.ruhealth.org/behavioral-health/pei-community-education>



If you have any questions please email or call  
Prevention & Early Intervention  
(951) 955-3448 [PEI@ruhealth.org](mailto:PEI@ruhealth.org).

**Building Resiliency and Understanding Trauma** This 2 hour presentation focuses 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 focuses 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 focuses 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 Presentations** This 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.



**ASIST:** This two-day Applied Suicide Intervention Skills Training (ASIST) workshop will equip participants to respond knowledgeably and competently to persons 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.(8:30 AM - 4:30 PM).

**SafeTALK:** is (3 HOURS) In-Person ,Learn four basic steps to recognize persons with thoughts of suicide and connect them with suicide helping resources.



**safeTALK**



Mental Health  
FIRST AID

**Mental Health First Aid** teaches participants a five-step action plan, ALGEE, to support someone developing signs and symptoms of a mental illness or in an emotional crisis:

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.





## PEI FUNDING OPPORTUNITIES

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

<https://purchasing.co.riverside.ca.us/Bids/OpenBids/Publicpurchase/openbids.aspx>

To get on our PEI notification list and receive this link, email: [DAGutierrez@ruhealth.org](mailto:DAGutierrez@ruhealth.org)

## UPCOMING EVENTS

Directing Change Program and Film Contest

for more details please check:

<https://www.ruhealth.org/events/directing-change>

## 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](mailto: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 Name
- 3). Contact Email

Registration is open to new and existing vendors.

## SOCIAL MEDIA



@ruhsbh



@rubsbh



@RUHSbh

## SUICIDE PREVENTION COALITION



### Upcoming Quarterly Meeting:

**April 26, 2023**  
**9:00 – 11:00 A.M**

Zoom Meeting– Please register in advance  
<http://bit.ly/3S6oDe6>

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, please visit:

[www.rivcospc.org](http://www.rivcospc.org).

or to receive the Zoom link please email:  
[pei@ruhealth.org](mailto:pei@ruhealth.org).

To be part of the Sub-Committees please scan the QR below

