

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

PREVENTING YOUTH SUICIDE



Suicide is a serious public health problem that can have lasting, significant effects on youth, families, peers, and communities. The causes of suicide among youth are complex and involve many factors. Reducing risk factors and increasing protective factors and resilience is critical.

Knowing the warning signs is also critical. Warning signs for those at risk of suicide include: talking about wanting to die, feeling hopeless, having no reason to live, feeling trapped or in unbearable pain, seeking revenge, and being a burden on others; looking for methods and making plans such as searching online or buying a gun; increasing use of alcohol or drugs; acting anxious or agitated; behaving recklessly; sleeping too little or too much; withdrawal or isolation; and displaying rage and extreme mood swings. The risk of suicide is greater if a behavior is new or has increased and if it seems related to a painful event, loss, or change. Paying attention to warning signs for mental health challenges that can be associated with increased risk for suicide is also important.

No one person (parent, teacher, counselor, administrator, mentor, etc.) can implement suicide prevention efforts on their own. The participation, support, and active involvement of families, schools, and communities are essential. Youth focused suicide prevention strategies are available. Promotion and prevention services are also available to address mental health issues. Schools, where youth spend the majority of their time, are a natural setting to support mental health.

Suicide is preventable, learn the warning signs and how to connect to resources by attending a *Know the Signs* training. For more information on how to register, please contact PEI at 951-955-3448 PEI@ruhealth.org

Resource:

If you or someone you know are experiencing a crisis and need support please call Riverside County's local HELPLINE at 951-686-HELP (4357).

Information courtesy of <https://youth.gov/youth-topics/youth-suicide-prevention/preventing-youth-suicide>

Participant Feedback

"The most memorable moment was when our school hosted our project purple campaign and had our own small booth regarding mental health. It was a good opportunity to spread awareness about teen suicide and suicide in general while being able to spend time with friends and teachers."

- Student, Temecula Valley High School

"My most memorable moment participating in the Teen Suicide Awareness and prevention program was interacting with others and talking about how we can help others if we ever come across this situation."

- Student, James L. Day Middle School

"I think that the campaigns positively impacted the campus community. I think it brought light to the situation that this is a real thing, and not something we just hear about on the news. I also think a lot of people's attitudes changed towards saying hurtful thing to others, because they don't know how it might affect the other person."

- Student, Temecula Middle School

Contact Information

Rebecca Antillon
Program Director
rantillon@ruhealth.org

**For more information on how to register or if you are eligible, please contact Rebecca Antillon.*



PEI Program Spotlight TSAPP—Teen Suicide Awareness Prevention Program

The Teen Suicide Awareness and Prevention Program (TSAPP) is a county-wide program that focuses on providing suicide prevention education to school-aged youth 10-19 years. Developed and implemented by the Riverside University Health System – Public Health, we receive funding from Riverside University Health System – Behavioral Health, through Prevention and Early Intervention.

Our program goals are to:

- To increase awareness on the issue of teen suicide
- To promote positive youth development by empowering students to act as a resource for their peers in seeking mental health services
- To increase youth knowledge on resiliency and protective factors

Originally developed in 2010 to address the rise of suicide injuries and fatalities, TSAPP provides suicide prevention training to a small set of students who are active in promoting wellness at their school site (e.g., ASB, W.E.B.). These trained students then become peer mental health advocates by hosting at least two suicide prevention or mental health campaigns on their school campus. TSAPP provides each school site with supplies, materials, and suicide prevention resources at no cost to each site.

Furthermore, The TSAPP Program provides free suicide prevention gatekeeper training to school staff, parents, and interested community members. Currently the program is offering two virtual suicide prevention trainings to the community. The first training is titled Know the Signs, and is a 90 minute training that helps participants start the conversation of suicide to a person whom they are concerned about. The second training is Question, Persuade, Refer (QPR) and is a 90-minute evidence-based training that provides participants the tools to directly ask the question of suicide and how to refer an individual to seek help. Both trainings emphasize the importance of help seeking strategies.



Pictured from left to right: Sean Cortes, Monique Cortes, Bianca Gonzalez, Ariana Romano, Rosemary Lopez, Rebecca Antillon, Mary Obideyi and Christian Romero.



This year's Suicide Prevention and National Recovery Month focused on supportive transitions. Transitions can be conceptualized as an event or series of events that cause fundamental changes in the fabric of daily life – what people do, where they do it, and with whom. Transitions, in any shape or size, expected or unexpected, welcomed or not welcomed, can be unsettling, disorienting, and stressful. They can impact our mental health and major life changes have long been understood to be environmental risk factors for suicide. Positive coping skills, resilience, and connectedness to family, friends, and our community can act as protective factors to help us navigate our resilience and resolve. While the pandemic has changed our fabric of life, it has also strengthened our resilience and resolve. As we reenter “normal” life – whether it is going back to school, reconnecting with friends, rediscovering favorite places, or reimagining our future, transitions are easier when we navigate them together. Remember, all of us can play a role in suicide prevention.

Together we can reconnect, reenter, and rebuild for the future!



Supportive Transitions
 Suicide Prevention Week September 5-11, 2021
 National Recovery Month September 1-10, 2021

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Riverside County September is Suicide Prevention Awareness and National Recovery Month

2021 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			5	6	7	8
			9	10	11	12
			13	14	15	16
			17	18	19	20
			21	22	23	24
			25	26	27	28
			29	30	1	2



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We continue to look for Supportive Transitions – ways we can “Reconnect, Re-enter & Rebuild” knowing that “Recovery is for Everyone: Every Person, Every Family, Every Community.” During September we honored National Recovery Month, Suicide Prevention Week and World Suicide Prevention Day. Those that joined in our activities shared their participation on social media using [#PEISEPT2021](#) and [#RUHSRecoveryHappens2021](#).



Partners in Increasing Awareness

Pain Isn't Always Obvious

**KNOW
THE SIGNS**

Suicide Is Preventable.org

CRISIS TEXT LINE

TEXT CONNECT TO 741741

HELPLINE

951-686-HELP (4357)

NATIONAL SUICIDE PREVENTION

LIFELINE

1-800-273-8255

Each Mind Matters: California's Mental Health Movement

The organization works to advance mental health awareness by reducing stigma, improving mental health and equality. In addition, the organization connects individuals with local events in order to build community. Some of these events include, screenings, forums, and awareness walks. While also offering tips and tools to help people take positive action towards their mental health. Wear your green ribbon today to be an advocate for mental health!

To learn more, please visit www.eachmindmatters.org



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.

The California Mental Health Services Authority (CalMHSA) is an organization of county governments working to improve mental health outcomes for individuals, families and communities. Prevention and early intervention (PEI) initiatives implemented by CalMHSA – and collected under the banner of Each Mind Matters: California's Mental Health Movement – include Stigma and Discrimination Reduction, Suicide Prevention and Student Mental Health, all of which are funded through the voter-approved Mental Health Services Act (Prop. 63). For more information: www.calmhsa.org

Free Virtual Presentations

Space is limited, registration is required.

To register, please visit:

<https://forms.gle/M31fLx7QvJPLQoVvk9>

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.



Presentaciones Virtuales Gratuitas

El espacio es limitado, es necesario registrarse.

Para registrarse, visite:

<https://forms.gle/XbrDJDcJUqUm8geZ6>

Disponible en Español bajo petición.

Si tiene alguna pregunta, envíe un correo electrónico o llame a

Prevención e Intervención Temprana

(951) 955-3448 | PEI@RUHealth.org



Desarrollando la Capacidad de Adaptarse y Comprendiendo el Trauma

Esta presentación de 2.5 horas se centrará en:

Comprender y definir el trauma y los diferentes tipos de trauma; Impacto del trauma en el cerebro; Estrés Traumático Infantil (CTS); Experiencias Adversas de la Niñez (ACEs); Experiencias Adversas de la Comunidad y Resiliencia (ACE | R); Resiliencia y estar informado sobre el trauma.



Salud Mental 101

Esta presentación de 2 horas se centrará en:

Comprensión de la salud mental; Comprender la salud mental frente a las enfermedades mentales; Espectro de salud mental; Reducción del estigma; Factores de riesgo y protección; Recursos disponibles.



Auto-Cuidado y Bienestar

Esta presentación de 2.5 horas se centrará en:

Comprender cómo le afecta el estrés (psicológico, espiritual, interpersonal y impactos físicos); Estrategias para ayudarlo a manejar el estrés y desarrollar resiliencia; Practicando las diferentes estrategias a través de actividades virtuales guiadas; Recursos disponibles y cómo conectar.



Reconozca las Señales

Esta presentación de 2 horas se centrará en:

Entender cómo reconocer las señales de advertencia del suicidio, cómo encontrar las palabras para tener una conversación directa con alguien en crisis y dónde encontrar ayuda profesional y recursos.

Esta capacitación es posible gracias al Sistema de Salud Integral de Riverside - Salud Mental y Bienestar, Prevención e Intervención Temprana, a través de la Ley de Servicios de Salud Mental.



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>

Currently Open for Bid:

Cognitive Behavioral Intervention for Trauma in Schools (CBITS)

Submission Deadline:
December 9, 2021

To get on our PEI notification list and receive this link, email:

DAGutierrez@ruhealth.org

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 Name and 3). Contact Email.

Registration is open to new and existing vendors.

SOCIAL MEDIA



@RUHSBH



RUHS-BH



#RUHSBH

PEI Collaborative

Location

Zoom Meeting

If you would like more information about this meeting please contact PEI at 951-955-3448 or PEI@ruhealth.org

Upcoming Meeting:

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

**5th Wednesday of the month*

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

Location

Zoom Meeting

If you would like more information about this meeting please contact PEI at 951-955-3448 or PEI@ruhealth.org

Upcoming Meeting:

January 26, 2022
9:00 am—11:00 am

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 email: Mi.Gomez@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