

**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](http://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](http://Up2Riverside.org)

# P.E.I. Pulse

Quarterly PEI Newsletter ♦ Volume 4 ♦ Issue 1 ♦ February 2021

## CHILDREN AND YOUNG PEOPLE'S SOCIAL, EMOTIONAL, AND MENTAL HEALTH



Coronavirus disease (COVID-19) can affect children and young people directly and indirectly. Beyond getting sick, the social, emotional, and mental well-being of many young people has been impacted by the pandemic. Trauma faced at this developmental stage can continue to affect them across their lifespan.

Some of the challenges children and young people face during the COVID-19 pandemic relate to:

- **Changes in their routines** (e.g., having to physically distance from family, friends, worship community)
- **Breaks in continuity of learning** (e.g., virtual learning environments, technology access and connectivity issues)
- **Breaks in continuity of health care** (e.g., missed well-child and immunization visits, limited access to mental, speech, and occupational health services)
- **Missed significant life events** (e.g., grief of missing celebrations, vacation plans, and/or milestone life events)
- **Lost security and safety** (e.g., housing and food insecurity, increased exposure to violence and online harms, threat of physical illness and uncertainty for the future)

CDC developed COVID-19 Parental Resource Kit: Ensuring Children and Young People's Social, Emotional, and Mental Well-being to help support parents, caregivers, and other adults serving children and young people in recognizing children and young people's social, emotional, and mental health challenges and helping to ensure their well-being.

To view the CDC's COVID-19 Parental Resource Kit references above please visit this link: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/parental-resource-kit/index.html> or for more information and resources on coping and managing stress please visit: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/index.html>

## Participant Feedback

*"In this program I've learned that actions, thoughts, and feelings are all connected. I've also learned methods to turn around downward spirals, as well as how to cope and how to talk in arguments."*

**- SAYM Participant**

*"I learned how to build my self-esteem and learned how to stay positive even through hard times, whether it's about school or general life."*

**- P2P Participant**

*"There are several things I learned in SAYM, but the most helpful was the coping with negative thoughts and ways to go around them, that was most helpful."*

**- SAYM Participant**

*"It allowed me to discuss things that I can't discuss at home, such as feelings of being discriminated against, and understand more about others in my position."*

**- P2P Participant**

*"It's okay to not always feel ok. Sometimes you need to remove yourself from the situation."*

**- SAYM Participant**

*"It reminded me that there is help out there & being hopeful is one of the best things you can do to move forward."*

## Contact Information

### Agency

#### Operation SafeHouse

Nicole Watson  
Mental Health Programs Director  
[nwatson@operationsafehouse.org](mailto:nwatson@operationsafehouse.org)  
(760) 285-1740

\*For more information on how to register or if you are eligible, please contact Nicole Watson.

## PEI Program Spotlight TAY Resiliency Project



The TAY Resiliency Project is a new contract for FY 20/21 that joins together 2 long standing PEI programs, Stress & Your Mood and Peer to Peer. The goal of the TAY Resiliency project is to reduce depression & risk factors and increase protective factors for the 16-25 year old population throughout Riverside County. Stress & Your Mood (SAYM) is a Cognitive Behavioral Therapy-based early intervention program to treat depression. It can be provided either in a group format or individually, depending on the need of the TAY. Peer to Peer (P2P) services aim to reduce the risk of developing mental health problems and increase resilience through skill development, stigma reduction, and education.



*Pictured from left to right: Stress and Your Mood (SAYM) Facilitators for Desert: Amira and Jared; West: Cedric; Mid: Carissa. Peer to Peer Facilitators for Desert: Arlene and Jenny; West: Ashley, Beatriz, Sarah and Elisa; Mid: Angelica, Rachel, Elizabeth, Vanessa and Ronnie. Not Pictured: SAYM: Hailey and Maria; Peer to Peer: Katy, Joseph and Alexis.*

# 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](http://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](http://www.calmhsa.org)

# Free Virtual Presentations

Space is limited, registration is required.

To register, please visit:

<http://ruhs-bh-pei.eventbrite.com>

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



## **Building Resiliency and Understanding Trauma** **Construyendo la Resiliencia y Entendiendo el 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. Available in English and Spanish.



## **Mental Health 101** **Salud Mental 101**

This 2-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. Available in English and Spanish.



## **Self Care and Wellness** **Auto-Cuidado y Bienestar**

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. Available in English and Spanish.



## **Know the Signs** **Reconozca las Señales**

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. Available in English and Spanish.

*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.*



# 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.asp>  
x

### Currently Open for Bid:

\*Currently there are no open bids but please continue to check the link above for future funding opportunities.

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

[diabrown@ruhealth.org](mailto:diabrown@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](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 and 3). Contact Email.

Registration is open to new and existing vendors.

## SOCIAL MEDIA



@RUHSBH



RUHS-BH



#RUHSBH

## PEI Collaborative

### Location

Zoom Meeting

<https://ruhealth.zoom.us/j/7141592639>

### Upcoming Meetings:

March 31, 2021

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

### Upcoming Meetings:

April 28 2021

July 28, 2021

October 27, 2021

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