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)

Our population is aging. Approximately 75 million Americans will be over age 65 by 2030. Additionally, a 2012 study from the Institute on Medicine found that approximately one in five older adults in the U.S. experience a mental illness, substance use disorder, or both. That ratio, should it still exist in 2030, equates to approximately 15 million people.

Whether it is the 5.7 million adults aged 65 and older who binge drink in the past month, or the 1.5 million adults aged 65 and older who used an illicit drug in the past month according to SAMHSA's 2017 National Survey on Drug Use and Health—including over 7,000 opioid-overdose related deaths in 2016 reported by the CDC—the growing number of older adults with mental health, substance use disorders or both, is likely to have a tremendous impact on the health and wellbeing of our nation. It could also mean that we or someone close to us – a friend, family member, co-worker or neighbor – will be personally impacted.

SAMHSA is focused on improving mental health across the lifespan and has worked with the National Coalition on Mental Health and Aging and the Administration on Aging/Administration for Community Living for over a decade to address the concerns of states, provider organizations, individuals, and families related to the mental health and substance use disorder needs of older adults. SAMHSA recognizes that older adults have needs that require special attention and training in order to provide the best care and treatment.

Aging is a fact of life and it is important for us to focus on healthy aging, including behavioral health issues not only during May, which is both Older Americans Month and Mental Health Awareness Month, but throughout the year.

To read more on this article and to find helpful resources please visit this link: https://blog.samhsa.gov/2019/05/20/bringing-awareness-to-the-mental-health-of-older-adults
Participant Feedback

“When I started the class I often felt overwhelmed. Realizing how many people are going through the same thing helped. Being able to talk, laugh and even cry with people who understood and were experiencing the same problems and emotions really made a difference.”

- Participant

“I felt this class to be very empowering. Really enjoyed it.”

- Participant

“Attending these classes have been so very helpful in getting through my “new stage of life with my parents”. It has given me a huge understanding of what my mom is feeling and going through which has helped be accept her changes. And I recognize that I haven’t accepted 100% but I’m on my way and can also help my children.”

- Participant

“This class has opened my eyes to the many resources there are available. The facilitator has been a great presenter and teacher. Thank you for making this class available.”

- Participant
Riverside County joined Each Mind Matters in expressing support for May is Mental Health Matters Month by illuminating the Central Admin. Center in Riverside, Workforce Development Center in Indio and Menifee's City Hall in lime green. Riverside, Indio and Menifee all came together to help shine a light on mental health awareness. For more information on this initiative please visit the link below.


Follow the link below to visit RUHS-BH’s YouTube channel to view local Riverside County winning video submissions.
https://www.youtube.com/channel/UCehh8wIu2Fu2QkW-g3d4b6Q/videos?disable_polymer=1

Statewide winners can also be viewed on the Directing Change website following the link below:
https://www.directingchangeca.org(films/)

Activities in Our Community during MiMHM
Partners in Increasing Awareness

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.

**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)

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)
PEI COLLABORATIVE

Location
Zoom Meeting
https://us02web.zoom.us/j/85274164588

Date and Time
Wednesday
July 29, 2020
12 pm - 2 pm

Get Connected

Know the Signs | Mental Health 101
Reconzca Las Señas | Salud Mental 101

For more information on how you can register for the next virtual presentation, please contact Prevention and Early Intervention (951)955-3448 | PEI@ruhealth.org

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:
Building Resiliency in African American Families (BRAAF) Boys
Submission Deadline June 10, 2020

Coming soon:
Building Resiliency in African American Families (BRAAF) Girls and Asian / Pacific Islander —Mental Health Resource Center

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

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