

*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 2 ♦ May 2021

## TOOLS FOR MANAGING TRAUMATIC STRESS



Post-traumatic Stress Disorder (PTSD) and other forms of traumatic stress can make life incredibly difficult and unpredictable. Intrusive thoughts and flashbacks can just show up without a moment's notice, affecting your ability to function. Staying away from the people, places and situations that trigger these thoughts and memories can be appropriate and helpful at times. However, using avoidance as your only strategy can cause more problems than it attempts to solve. These symptoms can't be avoided all the time, and trying to may cause you to close yourself off to opportunities, create anxiety or feel even more restrained by your traumatic experience. It may also be harmful to only have one method of coping because it may not help you every time. Rather it's better to have an abundance of tools at the ready for when you're feeling the scary reach of traumatic stress. Here are some diverse coping methods to add to your toolbox:

### USE THE "WINDOW OF TOLERANCE"

The "Window of Tolerance" (WoT) concept is a way to identify and talk about your current mental state. Being inside your window means that you're doing okay and can function effectively. When you're outside of the window, it means you have been triggered and you are experiencing a traumatic-stress response.

### BREATHE SLOWLY AND DEEPLY

This is a free and portable tool to use anytime and anywhere. Make sure you inhale through your nose and exhale for longer than you inhale, either through your nose or through pursed lips.

### VALIDATE YOUR EXPERIENCE

What you have experienced is real and hurtful. Having the name or context of traumatic stress/PTSD lets you know you that how you feel is not your fault. There is nothing "wrong" with you.

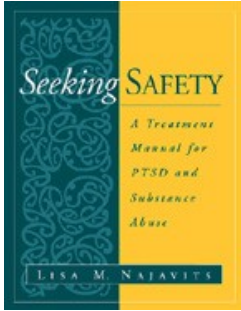
### FOCUS ON YOUR FIVE SENSES (5-4-3-2-1)

Start with five different things you see, hear, sense with your skin, taste, and smell (stale air or perfume). Then notice four of each, then three of each, and so on. Be as specific about these items as you can to make you really concentrate on external factors and to get out of your head.

### THINK POSITIVELY FOR 12 SECONDS

Bring to mind something positive. Such as a beautiful flower, a sunset, a smile on someone's face or a compliment from a friend or colleague. And really focus on it for 12 seconds.

For additional tools or more information please visit <https://www.nami.org/Blogs/NAMI-Blog/October-2020/7-Tools-for-Managing-Traumatic-Stress>



Seeking Safety is a present focused, coping skills program designed to simultaneously support individuals with a history of trauma and substance use, or other unsafe behaviors. The primary goal of this program is to reduce the duration and harmful effects of trauma for individuals most at risk of developing mental health challenges. This will result in increased resiliency and development of coping strategies.

- Learn ways to detach from emotional pain
- Identify how to navigate through moments when triggers or feelings are overwhelming
- Practice ways to live in the present by finding new ways to cope

*The two programs below utilize Seeking Safety curriculum*

**Out of the Box provided by Operation SafeHouse**  
**Serving TAY ages 16-25**



*Pictured from left to right:  
Operation Safehouse Facilitators;  
Karina Mendoza and Latina*

**Contact Information**

**Agency**

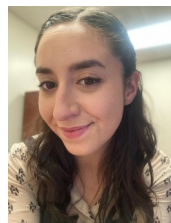
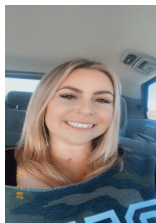
**Operation SafeHouse**

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 or scan the below QR code to complete the interest form.*



**Seeking Strength provided by RUHS-BH PEI Peers**  
**Serving Adults ages 26-59**



*Pictured from left to right: RUHS-BH PEI Peers;  
Alex Engen, Melissa Coriz, Annette Casillas and Johnnie Gray*

**Contact Information**

**Agency**

**RUHS-BH  
PEI Peers**

[PEI@RUHealth.org](mailto:PEI@RUHealth.org)  
(951) 955-3448

*For more information on how to register or if you are eligible, please contact PEI or scan the below QR code to complete the interest form.*





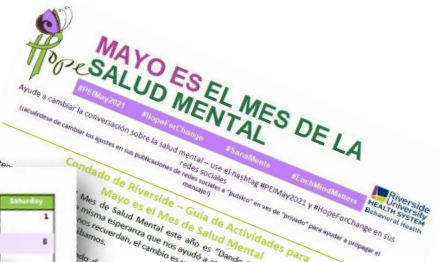
# MAY IS MENTAL HEALTH MATTERS MONTH

#PEIMay2021 #HopeForChange #SanaMente #EachMindMatters



## JOIN IN THE FUN!

This year's May is Mental Health Matters Month theme, "Hope for Change", reminds us to rely on the hope that carried us through a year of change! As the seasons changing reminds us, change is an inevitable part of life. This year has brought many unexpected challenges. Riverside County continues its virtual campaign to help change the conversation about Mental Health, and promote mental wellness in a variety of ways, as we continue to navigate and adapt to changes in our lives. To help navigate these many changes, the [Up2Riverside.org](http://Up2Riverside.org) webpage is offering a free mental wellness kit! Physical kits are available to Riverside County residents only and while supplies last. A digital kit is available for download to anyone when you visit this [link](#).



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Riverside County May is Mental Health Month 2021 Activity Calendar						
<p>Week 1: Support Hope</p> <ul style="list-style-type: none"> <li><b>Monday:</b> Where's the Green Ribbon? Show support by displaying a green ribbon, sewing a green pin, or wearing the green ribbon crest! <a href="#">Go to website to purchase!</a></li> <li><b>Tuesday:</b> Stand Against Stigma Virtual presentation about hope and recovery. <a href="#">View presentation</a></li> <li><b>Wednesday:</b> Mental Health 101 Presentation. <a href="#">View presentation</a></li> <li><b>Thursday:</b> Know the Signs Virtual health presentation. <a href="#">View presentation</a></li> <li><b>Friday:</b> A Night of Hope Virtual health presentation. <a href="#">View presentation</a></li> <li><b>Saturday:</b> Walk a New Path. <a href="#">View presentation</a></li> </ul>						
<p>Week 2: Be Proud!</p> <ul style="list-style-type: none"> <li><b>Monday:</b> Plant Seeds of Hope Spend some time gardening and caring for yourself. Post your photo of hope and share in a social media post.</li> <li><b>Tuesday:</b> TAY Talent Show View the video on YouTube for the new fun TAY virtuality page on our good health page.</li> <li><b>Wednesday:</b> Stand Against Stigma Virtual presentation about hope and recovery. <a href="#">View presentation</a></li> <li><b>Thursday:</b> Moving with PEARLS Get moving with PEARLS and view about the program for seniors. <a href="#">View presentation</a></li> <li><b>Friday:</b> Color for Calmness Use and share your coloring pages in <a href="#">Facebook</a> and <a href="#">Twitter</a>.</li> <li><b>Saturday:</b> Put the MOVE in Mental Health Movement! Let's hope from here about inspiring wellness! <a href="#">View presentation</a></li> </ul>						
<p>Week 3: Encourage Hope</p> <ul style="list-style-type: none"> <li><b>Monday:</b> Chalk Your Walk Chalk over some words of wisdom with Hope Rocks! Spread hopeful messages on sidewalks and more.</li> <li><b>Tuesday:</b> Self-Care and Wellness Presentation. <a href="#">View presentation</a></li> <li><b>Wednesday:</b> Mental Health Game Night (Virtual) With Operation Lightfoot. <a href="#">View presentation</a></li> <li><b>Thursday:</b> Stand Against Stigma Virtual presentation about hope and recovery. <a href="#">View presentation</a></li> <li><b>Friday:</b> Attitude of Gratitude Start a gratitude jar with down messages of hope and share with others.</li> <li><b>Saturday:</b> Walk a New Path. <a href="#">View presentation</a></li> </ul>						
<p>Week 4: Give Hope</p> <ul style="list-style-type: none"> <li><b>Monday:</b> "I AM" Affirmation Boards Read about the power of affirmations. <a href="#">View presentation</a></li> <li><b>Tuesday:</b> Stand Against Stigma A virtual presentation about hope and recovery. <a href="#">View presentation</a></li> <li><b>Wednesday:</b> Affirmation Cards Let someone know you care! <a href="#">View presentation</a></li> <li><b>Thursday:</b> Building Resilience and Understanding Trauma <a href="#">View presentation</a></li> <li><b>Friday:</b> Directing Change: Hope and Justice Check out words of the new "Hope and Justice category page!"</li> <li><b>Saturday:</b> Walk a New Path. <a href="#">View presentation</a></li> </ul>						



The Calendar and Activity Guide has a unique theme each week that supports the overall theme of "Hope for Change". We are asking those that participate in the many activities through social media to use the hashtags so we can track all the activities throughout our County. If you would like more information please email PEI at [PEI@ruhealth.org](mailto:PEI@ruhealth.org). #PEIMay2021 #HopeForChange



# 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

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

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. Available in English and Spanish.



## 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. Available in English and Spanish.



## 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. 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.*



# Presentaciones Virtuales Gratuitas

El espacio es limitado, es necesario registrarse.

Para registrarse, visite:

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

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 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. Disponible en Inglés / Español



## Salud Mental 101

Esta 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. Disponible en Inglés / Español.



## Auto-Cuidado y Bienestar

Esta 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. Disponible en Inglés / Español.



## Reconozca las Señales

Esta Esta presentación de 2.5 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. Disponible en Inglés / Español.

*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.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

Click here to Register:

<https://ruhealth.zoom.us/j/86014676109?pwd=ajE0MXdtQS9lUFRMcGVNZTVudHNSZz09>

### Upcoming Meeting:

June 30, 2021  
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

### Location

Zoom Meeting

Click here to Register:

[https://ruhealth.zoom.us/meeting/register/tZYsf-irqz0jE9ZqtHuWpF\\_vqVa5sbqdHznB](https://ruhealth.zoom.us/meeting/register/tZYsf-irqz0jE9ZqtHuWpF_vqVa5sbqdHznB)

### Upcoming Meeting:

July 28, 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 please email: [MResendiz@ruhealth.org](mailto:MResendiz@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)