

Director: Steve Steinberg

**Prevention & Early Intervention**

*To improve the health and wellbeing of our patients and communities through our dedication to exceptional and compassionate care, education, and research.*

Rcdmh.org/MHSA/pei

**Prevention and Early Intervention is funded by the Mental Health Services Act (MHSA)**

*Our goal is to:*

- *Increase community outreach and awareness regarding mental health within un-served and underserved populations.*
- *Provide resources that expand existing stigma reducing activities throughout Riverside County.*
- *Increase awareness of mental health topics and reduce discrimination.*
- *Reduce the number of consumers entering the mental health service system.*

# P.E.I. Pulse

Quarterly PEI Newsletter ♦ Vol. 1 ♦ Issue 1 ♦ April 2018



## **IS LOVE ALL YOUR CHILD NEEDS TO BE HAPPY?**

*We know that unconditional love is critically important to ensure healthy development, and parents can express it differently from infancy to middle childhood. Let's explore what it looks like at each stage.*

Whether someone is experiencing a mental illness, substance use disorder or both, they need your help and support. Learn how to support someone on their road to recovery or link up for resources. For more information, visit: [Up2Riverside.org](http://Up2Riverside.org)

### **Stage 1: Infancy to Early Childhood**

In early infancy years, everything is about trust and safety. Consistency and stability are requirements for learning that basic survival needs will be fulfilled. Alleviating hunger, assuring physical safety and comfort, and forming an emotional connection with a dependable caregiver are all akin to survival. An infant that learns to trust that he or she is safe and well cared for will be better equipped both emotionally and in terms of brain development to learn the next set of lessons to enhance future happiness.

*Parenting strategy for Stage 1:* In this first stage of your child's development, make sure that his or her basic needs are consistently fulfilled. This will establish trust between you and will teach your child to depend on you to meet his or her needs.

### **Stage 2: Early Childhood to Middle Childhood**

As your child develops language, the ability to communicate through speech, reading and writing greatly facilitates his or her understanding of how things work. Love at this stage can be demonstrated through acknowledgement and letting your child know that he or she is heard, while also helping him or her learn to delay gratification.

As your young child continues to grow, talking, reading and singing to your child will develop not only his or her readiness for formal education, it will also impart a sense of mastery over the world that awaits. Communication skills, both verbal and nonverbal, are building blocks for emotional intelligence, including empathy, balanced relationships, self-discipline and learned optimism.

*Parenting strategy for Stage 2:* In the second stage of development, acknowledge your child's needs and wants, and teach gentle lessons about delayed gratification while helping to build communication skills.

Kids who have a positive outlook on life and believe they are valued unconditionally, not because of what they may have accomplished, are destined for greater joy and enthusiasm for life. Teaching these lessons early on will give your child a head start on growing into a happy, healthy adult. To read additional mental health blogs, visit [eachmindmatters.org](http://eachmindmatters.org). For local resources about children's mental health, **visit [www.Up2Riverside.org](http://www.Up2Riverside.org)**

**By David A. Young, PhD, MPH**



(951) 686 - HELP (4357)

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

# Program Spotlight

## SNAPSHOTS

### Guiding Good Choices Graduation



Families celebrate their parent's accomplishment completing GGC.

### Boys Building Our Community



Various skills are taught during the program in order for boys to be self-sufficient.

## SUCCESS STORIES

*"I learned how to deal with my boys with love and understanding."*  
-PARENT

*"I learned a lot of where I come from and statistics and not to live up to those bad statistics."*  
-BRAAF Boys Participant, age 11

*"My family got the help we wanted to for my child."*  
-PARENT

*When the root is deep,  
there is no reason to fear  
the wind.*

*~African proverb*

## Building Resilience in African American Families (BRAAF)

BRAAF includes 3 evidence-based practices designed to wrap families with services to address the needs of middle school age African American boys, build positive parenting practices, and address symptoms of trauma. The project aims to increase protective factors and reduce risks associated with the development of mental health problems. Goals for the project include increasing positive cultural identity for youth and their caregivers, increase in resiliency traits, and the reduction of depression and trauma symptoms.

The heart of the project is the Africentric Youth & Family Rites of Passage Program, developed by Dr. Aminifu Harvey and is based upon Ma'at and the Nguzo Saba. Ma'at, an ancient Egyptian word, means an ethical way of life (Karenga, 1990). The goal of the BRAAF program is empowerment of black male adolescents through a nine-month rites of passage program. BRAAF serves boys ages 11 to 14 years in an after school program that meets for 3 hours per day/ 3x per week. New this year, an expansion of the BRAAF program, a girls pilot project that includes the same elements as the boys program. The program provides a multifaceted, therapeutic program to youth groups. The program includes two retreats and multiple outings throughout the year and a family-style meal cooked and served by the youth each day. An initiation ceremony takes place after the first 8 weeks of programming and the program concludes with a graduation ceremony to an audience of family and community members signifying the youth having successfully completed the passage from boyhood to manhood.

After each module is completed, the youth develop topic-related projects, such as the production of culturally oriented T-shirts, anti-substance abuse buttons, videotapes, and concerts. Thus, the youth have a tangible product that signifies their learning experience as a group.

The BRAAF program stresses parent and caretaker involvement. Family enhancement and empowerment buffet dinners are held monthly. The objectives of the dinners are to empower adults to advocate on behalf of their families and to work toward community improvement. Additionally, Guiding Good Choices, a 5-week parent class is included followed by ongoing parent support groups available.

Another component focuses on clinical intervention and case management. This can be accomplished through the use of tailored Cognitive-Behavioral Therapy in the form of individual, group, and/or family intervention. Additionally, clinicians assess each youth for symptoms of post-traumatic stress disorder. Youth who meet the criteria are offered the Cognitive-Behavioral Intervention for Trauma in Schools (CBITS) group treatment.

### BRAAF - BOYS

#### Serving Western Region

#### **Sigma Beta XI INC**

Contact: Dr. Charles L. Johnson,  
Program Director

Phone: 951-247-1700

Email: [cleehnon@calbaptist.edu](mailto:cleehnon@calbaptist.edu)

#### Serving Mid County

#### **Riverside County Black Chamber of Commerce**

Contact: Louis Wright,  
Program Director

Phone: 951-823-0175

Email: [Louis@rcbcc-braaf.org](mailto:Louis@rcbcc-braaf.org)

### BRAAF - GIRLS

#### Serving Desert Region

#### **Family Health & Support Network**

Contact: Jarvis Williams,  
Program Director

Phone: 760-340-2442

Email: [jwilliams@fhsnet.org](mailto:jwilliams@fhsnet.org)

#### Serving Desert Region

#### **Family Health & Support Network**

Contact: Donna Franklin,  
Program Director

Phone: 760-340-2442

Email: [dfranklin@fhsnet.org](mailto:dfranklin@fhsnet.org)



# Partners in Increasing Awareness



### CRISIS TEXT LINE

TEXT CONNECT TO 741741

### HELPLINE

951-686-HELP (4357)

### NATIONAL SUICIDE PREVENTION

### LIFELINE

1-800-273-8255

### 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)

## CONNECT WITH US

### PEI COLLABORATIVE

**Location:** 2085 Rustin Ave.  
Riverside CA, 92507

**Date:** May 30th, 2018

**Time:** 2 pm-4 pm

To RSVP or for questions please contact: JJHazelton@rcmhd.org

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

### SOCIAL MEDIA



@RUHSBH



RUHS-BH



#RUHSBH

### FUNDING OPPORTUNITY

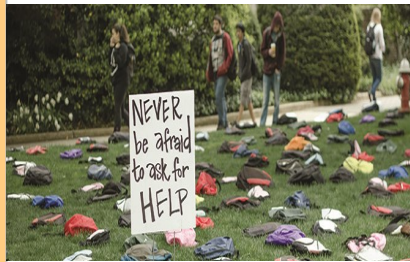
The Community Mental Health Promotion Program has been released and available for review at: [www.publicpurchase.com](http://www.publicpurchase.com) The deadline for questions is 4/2/18. The deadline to submit proposals is no later than 1:30 p.m. on 5/3/18.

## COMMUNITY EVENTS

Active Minds empowers students to change the perception about mental health on college campuses by reducing stigma and increasing mental health awareness.

Active Minds hosts a traveling exhibition that brings awareness to suicide on college campuses

*Suicide claims the lives of more than 1,000 college students each year.  
Get help. Give Help.  
Save a Life.*



May is Mental Health Month events are annual wellness and resource fairs hosted to link community members to mental health resources and services.

Join us for a fun filled day with games, food and raffles.



### Send Silence Packing

**REGION:** Desert

**LOCATION:**

**College of the Desert**  
43-500 Monterey Ave.  
Palm Desert Ca 92260

**DATE:** Thursday, April 19th  
**TIME:** 10am-4pm

**REGION:** Western

**LOCATION:**

**Riverside City College**  
4800 Magnolia Ave

**DATE:** Tuesday, April 24th  
**TIME:** 10am-4pm

**REGION:** Mid-County

**LOCATION:**

**Mt San Jacinto College-Menifee**  
28237 La Piedra Rd. Menifee 92584

**DATE:** Thursday April 26th 2018  
**TIME:** 10am-4pm

### May is Mental Health Month Events

**REGION:** Mid-County

**LOCATION:** Perris City Hall, Front Lawn 101 N D St.

**DATE:** May 5th

**TIME:** 11am-3pm

**REGION:** Desert

**LOCATION:** Taj Majal Building,  
Riverside County Fairgrounds  
82-503 Hwy 111, Indio, California  
92201

Enter at Gate 4 off of Arabia Street

**DATE:** May 8th

**TIME:** 11am-3pm

**REGION:** Western

**LOCATION:** Fairmount Park  
2241 Market St

Riverside, CA 92501

**DATE:** May 24th

**TIME:** 1pm-5pm

PEI Pulse is published by the Prevention and Early Intervention Program of Riverside University Health System - Behavioral Health. Please direct inquiries to JJHazelton@rcmhd.org