

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

Our goal is to:

- *Increase community outreach and awareness regarding mental health within un-served 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.*
- *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

P.E.I. Pulse

Quarterly PEI Newsletter ♦ Volume 1 ♦ Issue 3 ♦ October 2018

Raise Awareness about Mental Illness and Recovery on Campus



The Substance Abuse and Mental Health Services Administration offers these tips to raise awareness about mental illness and recovery on a high school and college campus. These suggestions, however, work just as well in neighborhood settings.

- 1. Display posters with statistics or personal stories.** Place posters in high-traffic areas on campus or in popular neighborhood settings such as your favorite eatery or the local library.
- 2. Write a letter to the editor of your school or community newspaper.** Time your letter at finals time, when stress is highest; or write at the beginning of the year, when new students arrive. You can also time your article with Mental Health Awareness Month in May or Suicide Prevention Month in September.
- 3. Get your message on the airwaves.** Ask your campus radio station, favorite local station or DJ to highlight mental health issues by airing a public service announcement (PSA).
- 4. Organize a run/walk.** Every year, Active Minds on Campus works with colleges around the country to sponsor mental health runs.
www.activeminds.org
namica.org/nami-on-campus/high-school-clubs/
Or you can consider forming a team to support an existing event in your community such as the annual NAMI Walk (**www.namiwalks.org**)
- 5. Host a movie night to initiate a conversation about mental health issues.** Make sure to show a movie that depicts reality, not one that buys into the stereotypes. Movies to consider: *Girl, Interrupted*; *A Beautiful Mind*; *Bennie and Joon*; *Ordinary People*; and *Shine*. Each year, the Entertainment Industries Council and SAMHSA recognize films and television programs that accurately depict mental illness and its prevention, treatment, and recovery. Visit their site to read the list of awardees (**www.eiconline.org**).

For additional tips, visit **up2riverside.org** or SAMHSA's Resource Center to promote acceptance. **www.stopstigma.samhsa.gov/publications/collegelife.aspx**.

SNAPSHOTS

Victor Community Support Services team



Pictured below: Peer-to-Peer facilitators conducting a CAST session at a local high school.



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Serving Lake Elsinore **Victor Community Support Services**

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Peer-to-Peer Program

Riverside University Health System—Behavioral Health (RUHS-BH) is contracted with Operation SafeHouse and Victor Community Support Services (VCSS) to provide specific activities designed to reach transition age youth (TAY) defined as youth between 16 and 25 years of age. Focus on TAY who are homeless or runaway, in foster care, LGBTQI (Lesbian, Gay, Bisexual, Transgender, Questioning, Intersex) and TAY going into college.

The Peer-to-Peer program is designed to provide formal outreach, informal counseling, and support/informational groups to at-risk youth and families. Additionally, the program is designed to educate the public about mental health, depression, and suicide, while also working to reduce stigma towards mental illness among TAY individuals who are considered to be at high-risk. The program outreaches to Gay/Straight Alliances, social services agencies, and the community at large, in order to organize and facilitate small and large TAY group presentations and discussions to local community-based locations, school districts, and college campuses, with activities that include Speaker's Bureau "Honest, Open, Proud" presentations and Coping and Support Training (CAST).

- Speaker's Bureau "Honest, Open, Proud" presentations are utilized to educate and outreach to at-risk TAY, caregivers, educators, and TAY service providers on the unique issues that at-risk TAY experience as they relate to mental health and interpersonal issues, with the aim of reducing stigmatizing attitudes.
- CAST is an evidenced-based curriculum with three major goals: Mood Management, Drug Use Control, and Using School Smarts. Each CAST cycle consists of an initial screening session followed by 8 sessions facilitated by Prevention and Early Intervention (PEI) TAY Peer Specialists.

Success Story

Violeta Escobar, Victor Community Support Services Peer Coordinator expressed gratitude and appreciation for her staff, Alexandria Smith (Peer Specialist II), Cheyenne Franklin (Peer Specialist II), and Elizabeth Barcnas (Peer Specialist I) Pictured in the upper left corner. She stated that these individuals are well-respected across the Mid-County region by students and professionals. Violeta admires the enthusiasm and positivity her staff exudes in their work with students and the PEI programs. She believes their strong work ethic has developed trust with the school staff along with the students. The peer specialist's primary role is to provide support services to Transitional Adult Youth (TAY) individuals but she feels that her staff goes above and beyond for their participants and this is validated by students greeting the peers as soon as they walk on campus. Violeta feels proud and honored to be apart of a committed and dedicated team.

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



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

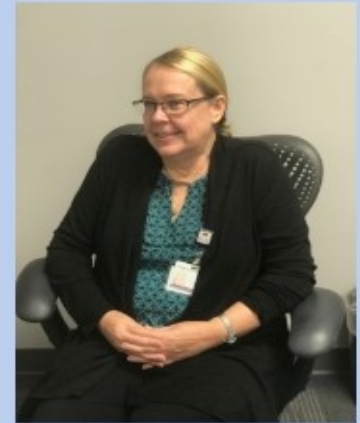
PEI Summit 2018

Prevention Works 10 Years of PEI in Riverside County

Prevention Works-MHSA/PEI State and Local Impacts

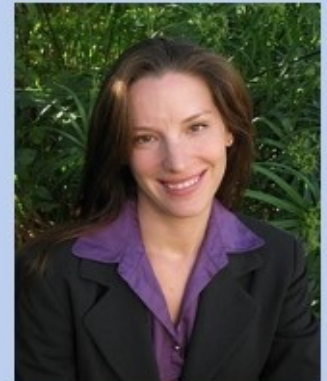


Todd Sosna, Ph.D emphasized the power of prevention stating that early interventions for those at-risk appear to prevent emotional and behavioral problems from worsening. In addition, stigma reduction campaign results in more individuals seeking services. He shared that California's suicide rates were lower than the rest of the nation. He attributed this trend to the prevention work that is being implemented in California. Suzanna Juarez-Williamson, RUHS-BH Supervisor for Research & Evaluation shared cumulative data since PEI started and noted that 25,000 individuals have participated in a PEI program and overall data shows increases in resiliency and protective factors and decreases in symptoms and risk factors.



Prevention Works-Impacts on Community and Society

Emma Girard, Psy.D talked about the power of the helper, the PEI provider, who "shines bright like a diamond" by reflecting the strengths of our participants. Emma reminded us that while evidence-based practices are important and impact change, it is the characteristics and passion of the provider that brings the manual to life and connects with participants. She summarized that prevention works because of the connection of local community efforts and wide efforts that start at the state level. Communities and families are stronger when risk factors are reduced and resiliency is built and strengthened, and it all starts with you, the provider.



Healing Hearts Award

This year's award highlighted a PEI Provider that greatly impacted an individual, family, or community through the efforts and hard work of the staff providing prevention and early intervention services. These efforts increase protective factors and healing leading to stronger individuals, families and communities. The Strengthening Families Program-MFI West Region received the "Healing Hearts Award" for their dedication to help a family of 7 decrease family stress, increase communication, and overall improve their well-being. The SFP team worked together to go above and beyond for the family by identifying their needs, giving the family a ride to session and consistently encouraging the family to attend session.



Thank you to all contractors for your years of service! We will see you next year.

Suicide Prevention Week

In support of National Suicide Prevention Awareness Week and World Suicide Prevention Day, Riverside University Health System – Behavioral Health, Prevention and Early Intervention provided materials and resources (Each Mind Matters Suicide Prevention Toolkit 2018) along with a one-time issuance of funds up to \$5,000 to assist in planning activities and events throughout Riverside County with identified at-risk populations in order to reduce stigma, start conversations, increase help seeking behaviors, and increase knowledge and awareness related to suicide prevention and overall mental wellness.

Suicide Prevention Walk



PEI collaborated with Consumer Affairs in their annual Suicide Awareness and Prevention Walk. Shannon McCleerey-Hooper, from Consumer Affairs, initiated the walk by sharing the importance of increasing awareness and support to those struggling with suicidal ideation. Prior to the walk, she led a moment of silence in remembrance of the lives lost to suicide. RUHS employees participated in the walk at the Rustin site and held signs that promoted stigma reduction. 267 pinwheels lined the path around the building to represent the lives that were lost in Riverside County last year to suicide. Participating vendors included Employee Assistance Services, PEI, Consumer Affairs, Community Response Evaluation and Support Teams (CREST), and Cultural Competency.

Suicide Prevention Week Proclamation

The Riverside County Board of Supervisors issued a proclamation recognizing Suicide Prevention Week 2018. Bill Brenneman, Deputy Director of Adult Services, and Diana Brown, Prevention and Early Intervention Manager, received the proclamation on behalf of RUHS-BH. Diana Brown spoke about the groups in Riverside County who are at highest risk for suicide: adult Caucasian males (ages 45-84), Latina youth, working age adults 18-64 years old, as well as additional underserved populations. RUHS-BH offers free training to individuals who live and/or work in Riverside County who want to learn how to help others struggling with thoughts of suicide.



CONNECT WITH US

PEI COLLABORATIVE

Location: 2085 Rustin Ave.
Riverside CA, 92507

Date: Wednesday,
October 31st, 2018
Time: 12 pm - 2 pm

Lunch will be served. Please RSVP to ensure we have enough food for all.

Please email: PEI@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 regarding PEI programs.

SOCIAL MEDIA



@RUHSBH



RUHS-BH



#RUHSBH

PEI Trainings

Applied Suicide Intervention Skills Training (ASIST)

2 Day Interactive training course

Learn how to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety.

SafeTALK Training

3 hour training course

Learn ways to engage with people who are having thoughts of suicide and connect them with resources.

Mental Health First Aid

8 hour training course

Learn risk factors and warning signs of mental illnesses, build understanding of their impact, and learn about common supports.

If you are interested in attending ASIST, SafeTALK, or MHFA please email PEI@rcmhd.org

PEI Funding Opportunities

Visit the public purchasing website to learn more about the upcoming funding opportunities.

[http://purchasing.co.riverside.ca.us/Bids/OpenBids/
Publicpurchaseopenbids.aspx](http://purchasing.co.riverside.ca.us/Bids/OpenBids/Publicpurchaseopenbids.aspx)

Coming soon: Seeking Safety,
Mamás y Bebés and the TAY Resiliency Project

To get on our PEI notification list and receive this link, email Diana Brown at dabrown@rcmhd.org

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