

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 underserved 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

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Happy Holidays and a Happy New Year from the Prevention and Early Intervention team



We would like to thank the community and contractors for their ongoing support and dedication to the PEI work throughout the County. We look forward to continuing to serve our community and further building relationships in 2020.

Ideas for Coping with the Holidays When You Have a Mental Illness



By Margarita Tartakovsky, M.S

Stress can throw anyone off-kilter. But when you have a mental illness, you might be extra vulnerable. “The demands, pressures and expectations of the holidays can be felt more intensely by people with mental illness,” according to Darlene Mininni, PhD, MPH.

1. Make yourself a priority

During the holidays, as we’re hosting, shopping, cooking, cleaning, attending get-togethers and checking off other tasks on our to-do lists, self-care often takes a backseat. But “your health comes first,” said Dr. Aletta. This also means maintaining your routine as much as possible. “Make sure you get the sleep you need and keep up any activities that make you feel good such as exercise or time with friends,” Dr. Mininni said.

3. Plan a timeout when stress strikes

Dr. Aletta encouraged readers to give themselves permission to leave a stressful situation. Your “strategic retreat” may be anything from walking the dog to getting tea at a café to listening to soothing music to having a good cry, she said. Then decide whether the healthier choice is to return to the get-together or go home

5. Buddy up

“Have a confidant close by or on speed dial: a friend, cousin, sister or niece who ‘gets it,’” Dr. Aletta said. In fact, “She may need your help to get through as much as you need hers,” she added.

2. Avoid feeling guilty

During the holiday season, many of us want to be many things to our loved ones. And we don’t want to hurt anyone’s feelings. So we put pressure on ourselves along with a hefty side of stress-inducing guilt. Remind yourself that pleasing everyone is unrealistic. “Set aside the guilt, push the pause button on it or throw it out completely if you can. Put it on a shelf, in a box, labeled ‘I will talk about this later with my therapist,’” Dr. Aletta said.

4. Keep connected

If you aren’t feeling well, you might be tempted to isolate yourself. But this will just make you feel worse, Dr. Mininni said. “If you’re not in the holiday mood, consider spending time with a friend or calling a person who cares about you. Connecting with just one person can make you 10 times less likely to get depressed,” she said.

6. Tune into your feelings—and be honest

You may love your family very much. But if you’re honest with yourself, you might realize that being with them also can be stressful. Coming to this realization, while uncomfortable, will help you figure out better ways to cope, Dr. Aletta said.

The information above is reproduced from the Psychcentral website.

Visit the link below to learn tips to help you find the right provider for your cultural background.
<https://psychcentral.com/blog/9-ideas-for-coping-with-the-holidays-when-you-have-a-mental-illness/>

Partners in Increasing Awareness

Pain Isn't Always Obvious



Suicide Is Preventable.org

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

CONNECT WITH US

PEI COLLABORATIVE

Location

2085 Rustin Avenue
Riverside, CA 92507

Date and Time

Wednesday
January 29, 2019
12 pm -2 pm

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

Please email
PEI@ruhealth.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



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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 (Adult and Youth)

8 hour training course

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

Also offered in Spanish



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)

Currently open for bid:

CBT for Late Life Depression
Submission Deadline: November 21, 2019

Coming soon:

Building Partnerships with Cultural Communities
Native American Project

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