

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 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.*
- *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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Tips to Take a “Mindful” Pause



Our habits can become hardwired into our lives. Sometimes it feels like we are going through the motions without actually being present for the experiences we are living. It's important to keep in mind that the practice of pausing, breathing, and just “being” is essential to our well-being and mental health.

In the whirlwind of life, how can we pause and calm our minds to capture and truly experience every moment? By incorporating two elements: awareness and acceptance. Mindfulness is a state of mind in which we focus on the present moment, being fully aware of our feelings and emotions and accepting them as they are.

Mindfulness has been shown to have a strong positive impact on mental health and provide protective factors for suicide prevention. It has been shown to reduce stress, increase focus and concentration, decrease worry and anxiety, and enhance feelings of resiliency and the capacity to navigate distress.

Incorporating daily mindfulness practices into our routines can have a strong impact on our mental health. Try the **STOP** technique to cultivate calmness:

Slow down

Take a breath

Observe your body, thoughts, and feelings

Process your possibilities, then proceed

Visit the link below to learn tips to help you implement mindfulness everyday.

<https://psychcentral.com/blog/7-easy-ways-to-be-mindful-every-day/>

Participant Feedback

"Perfect for this group; professionally presented and deeply moving."

- EAP Participant

"The speakers were amazing. Vulnerability is powerful and I can see how their work is changing lives."

- SB Participant

"Thank you for sharing. I know it is not easy but it really helps people that might be going through times to hear your testimonies. Thank you."

- EAP Participant

"This was a wonderful presentation. I now understand homelessness and mental illness much better. I did not know that services existed before this presentation."

- SB Participant

Contact Information

Agency

**Recovery Innovations,
International**

Program Administrator

Ron Hoffman
(951) 217-5517

ron.hoffman@riinternational.org

Mid-County

Susan Beaudette
(951) 675-6553

susan.beaudette@riinternational.org

Western

Victor Almaraz
(951) 203-7823

Victor.almaraz@riinternational.org

Desert

Keith Engber
(760) 262-7263

Keith.engber@riinternational.org

PEI Program Spotlight Contact for Change



Pictured above from left to right: Ron Hoffman, Program Administrator; Susan Beaudette, Mid- County Region and Victor Almaraz, Western Region; Not pictured: Keith Engber; Desert Region



Contact for Change is an initiative designed to reduce stigma regarding mental illness, increase community awareness regarding mental health information and resources, and to spread messages that hope and recovery are possible. There are two programs included within the Contact for Change initiative. Speaker's Bureau (SB) presentations are targeted to the broader community including employers, landlords/housing officials, health care providers, legislators, faith-based community, media, and underserved cultural populations. Educator Awareness Program (EAP) presentations are targeted to educational faculty and administration (e.g., teachers, administrative and support staff, youth educators of students in upper elementary school, middle and high schools, individuals enrolled in teacher education programs, after-school program staff). Each presentation consists of a 60-minute moderated presentation in which presenters with lived experience of mental health challenges share their personal story of recovery.

RIVCO Innovates Award 2019

Congratulations

Peace4Kids



Care Pathways



RIVCO Innovates is the "awards arm" of the County's Vision 2030 Eighth Bold Step: Transform RivCo through Efficiencies and Innovation. Its purpose is to promote a culture of innovation that allows the County to deliver outstanding service for its customers and outcomes for our communities at the least cost possible to tax payers. The goal of RIVCO Innovates is to leverage innovative ideas across the county.

On December 30, 2019, the Riverside University Health System – Behavioral Health as well as Riverside County Office on Aging (OoA) were notified they each have been chosen as winners of the RIVCO Innovates Award for the Peace4Kids and Care Pathways programs respectively, both funded by MHSA-PEI. The award stated, in part, that both programs demonstrated creative new ideas that have been implemented, enhanced, and achieved results.



From left to right: Dave Rodgers, Assistant County Executive Officer and Chief Information Officer; Kimberly Britt, Director of Department of Child Support Services; Nicole Windom-Hurd, Assistant Director of Department of Child Support Services; Lisa Brandl, Riverside County Operating Officer; Deborah Johnson, Assistant Director of Program RUHS-BH; Diana Brown, Prevention and Early Intervention Manager; Gary Robbins, Deputy Director for Programs & Operations Riverside County Office on Aging and George Johnson, Riverside County Executive Officer

Active Minds - Send Silence Packing Exhibit

Riverside University Health System - Behavioral Health Prevention and Early Intervention is proud to announce our partnership with Active Minds. Active Minds is the nation's premier nonprofit organization supporting mental health awareness and education to students. Active Minds is inspiring and empowering a new generation to change the conversation about mental health and initiate this with the Send Silence Packing exhibit. Send Silence Packing is a nationally recognized traveling exhibit of 1,100 backpacks, representing the number of college students lost to suicide each year.

Send Silence Packing is coming to Coachella!

RUHS-BH PEI is hosting the Send Silence Packing exhibit at the Coachella Veteran's Park, between Orchard Street and Vine Avenue, on April 1, 2020. This free community event can be visited from 12:00 pm - 7:00 pm. Speakers will begin promptly at 4:30 pm followed by a Mental Health panel discussion.



**Send Silence Packing
(Exhibits Only)**
will be hosted at the following
community colleges:

Mt. San Jacinto College

1499 N. State St., San Jacinto, CA 92583

Date: Thursday, April 2, 2020

Time: 9:00 am - 3:00 pm

Moreno Valley College

16130 Lassel St., Moreno Valley, CA 92551

Date: Friday, April 3, 2020

Time: 9:00 am - 3:00 pm

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

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

**Each
Mind
Matters**
California's Mental
Health Movement

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
April 29, 2020
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



#RUHSBH

PEI Trainings

Applied Suicide Intervention Skills Training (ASIST)

Consecutive 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
available in both English and Spanish*

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

Know the Signs

1.5 hour Presentation

Learn the possible warning signs related to suicide, strategies to start the discussion, and how to connect them with resources.



ASIST



safeTALK



**MENTAL
HEALTH
FIRST AID®**

Upcoming Events

8th Annual Inland Empire Directing Change Screening and Recognition Ceremony

*May 7, 2020 from 6:00pm—8:00pm
Fox Performing Arts Center; 3801 Mission Inn Ave.*

May is Mental Health Month Activities

Children's Mental Health Day in Riverside
*May 7, 2020 3:00pm-6:00pm
3125 Myers St.*

Art Festival in Indio
*May 12, 2020 from 11:00am—3:00pm
Taj Mahal*

Foss Field Park in Perris
*May 21, 2020 from 12:00pm—4:00pm
138 N. Perris Blvd.*

Fairmont Park in Riverside
*May 28, 2020 from 12:00pm—4:00pm
2601 Fairmount Blvd.*