

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.*
- *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

P.E.I. Pulse

Quarterly PEI Newsletter ♦ Volume 3 ♦ Issue 3 ♦ October 2020



Each year about 18.8 million American adults experience a depressive illness that impacts their body, mood and thoughts. Depression is normally accompanied by a prevailing sense of sadness and/or loss of interest or pleasure in most activities and often interferes with the ability to work, study, sleep, eat and enjoy once pleasurable activities. People experiencing a depressive illness cannot just “pull themselves together” or “snap out of it” and get better. That is because depression is a medical condition, and like other medical conditions – whether diabetes, heart disease or cancer – it requires treatment. Without treatment, symptoms can last for weeks, months, or years.

While no one is 100 percent sure what causes depression, most experts agree it's probably a combination of factors that may include genetics (depression often runs in families), an imbalance of certain brain chemicals (called neurotransmitters) which help brain cells communicate with each other, a disorder of the part of the brain that regulates mood, sleep, appetite, behavior and thinking, major life events, such as the death of a loved one, divorce, financial problems or the birth of a child or the build-up over time of many smaller, negative life events.

There are certain things that, when done regularly, help keep depression symptoms at bay. Some are very familiar while others are not always at the forefront of our thoughts. With regular practice, these steps can make all the difference in your mental health and can keep your downs from spiraling out of control. Examples of daily activities include journaling, getting adequate sleep and rest (even taking a short nap if needed), getting regular exercise, drinking plenty of water, being social, engaging in meditation and prayer, giving thanks and practicing unconditional love.

These are not going to keep you depression-free by any means, but they are some core practices that go a long way toward keeping depression at bay even through the most trying times. If you think you do not have time for all this, notice how much time it wastes to fight with others and be unproductive. Developing good habits is crucial to developing — and maintaining — healthy minds.

Depression is treatable and help is available. There are many different treatment options. For more information about symptoms, treatment options and local resources visit Up2Riverside.org.

Information courtesy of <https://psychcentral.com/depression/introduction-to-depression/>

Participant Feedback

"I am thankful for the techniques to change negative thoughts. I feel that I am stronger and more able to reflect and watch my thoughts so that I can change them, heal, and move forward"

- Participant

"Tengo el poder de controlar mis pensamientos, y seguir hacia adelante."

- Participant

"Thank you very much, blessings for you all. You do a nice job and are very patient, thanks for your effort."

- Participant

"Fue un placer conocerlas a todas!! Al equipo y a las mamás. Muchas gracias por todo su apoyo de esta clase. Para mí fue un Gran Placer."

- Participant

"I love the open group system. I loved making connections with other mothers struggling similarly."

- Participant

Contact Information

Western Region Agency

Reach Out
8300 Limonite Ave. Suite E
Jurupa Valley, CA 92509
(909) 982-8641
Gloria@we-reachout.org

Mid-County Region Agency

Riverside Community
Health Foundation
(951) 788-3471 ext. 145
Carolina Bojorquez
Carolina@rchf.org
Or
Priscilla Valenzuela
priscilla@rchf.org

**For more information or to see if you qualify, please call or email.*

PEI Program Spotlight Mamás y Bebés

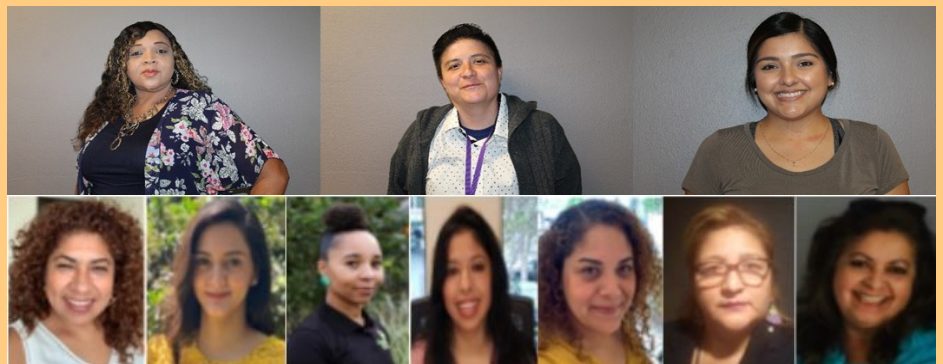
2



The Mamás y Bebés program provides free assistance for pregnant moms and moms with infants younger than 1 year. Mamás y Bebés is an eight-week course designed for moms who are at risk of developing maternal mental health disorders, such as anxiety or postpartum depression. This program is facilitated by Reach Out and Riverside Community Health Foundation in partnership with Riverside University Health System-Behavioral Health and serves clients in Mid-County and Western Regions in Riverside County. Classes are offered in English and Spanish, entirely free and open to qualifying mothers.

Group facilitators are dedicated to helping moms before and after pregnancy to build coping skills that help manage stress and explore relaxation techniques. The class focuses on how to identify internal thought patterns, recognize internal and external stressors, and eventually break patterns of negative mental processes. A typical class includes a whole group check in, followed by a review of mood identification techniques, and an introduction of cognitive behavioral techniques that build resiliency.

Due to the current circumstances of COVID-19, the Mamás y Bebés classes are held virtually. A typical class has 5-7 moms, who connected and discuss the material together. Our facilitators also coordinate essential drop offs: we schedule meetings with our moms at their convenience to coordinate diaper drop offs, and they receive a gift valued at \$50 at completion of the program.



Pictured above from left to right: Reach-Out facilitators—Deidra Edwards-Turner, Gloria Lopez and Alejandra Arias. RCHF Facilitators—Carolina Bojorquez, Priscilla Valenzuela, Bianca Reid, Laura Colin-Bernal, Maria Elena Chairez, Yolanda Medina, and Marisabel Valladolid.



Hope, Resilience & Recovery

#EachMindMatters

#SanaMente

#PEISep2020



suicideispreventable.org

The Each Mind Matters toolkit can be utilized throughout the year. Please visit <https://www.eachmindmatters.org/spw2020/> for more information.

Suicide is a significant problem in Riverside County. Between 2007 and 2017, approximately 2,586 people died by suicide. In support of National Suicide Prevention Awareness Week and World Suicide Prevention Day, Riverside University Health System—Behavioral Health (RUHS-BH), Prevention and Early Intervention (PEI) will provide materials and resources (Each Mind Matters Toolkit 2020) along with a one-time award to assist in planning activities and events throughout Riverside County with identified at-risk populations in order to reduce stigma, start conversations, increase knowledge and awareness related to suicide prevention and overall mental wellness.

*Suicide Prevention Week
September 6th - 12th, 2020*

Suicide Prevention Mini Grant Awardees

Coachella Valley Immigrant Dignity Coalition
Danza Azteca Citlaltónac
Desert Recreation Center
I.E. Immigrant Youth Collective
Indio Teen Center
Inland Riverside Chinese Center
Lideres Campesinas
Monte Vista Middle School
Murrieta Valley Unified School District
North County Health Project Inc.
North Mountain Middle School
Perris Valley Filipino American Association
Operation SafeHouse of the Desert
The Empowerment Center
The Stephen Center
UCR Healthy Campus
Woman Achieving Success



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

Zoom Meeting

Upcoming Meetings:

December—Dark
March 31, 2020

**5th Wednesday of the month*

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 Virtual Trainings

Know the Signs

1.5 hour Presentation

Available in English and Spanish

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

Mental Health 101

1.5 hour Presentation

Available in English / Coming soon in Spanish

Understand mental health, reduce stigma, learn risk and protective factors and connect them to available resources.

Building Resiliency and Understanding Trauma

2 hour Presentation

Available in English / Coming soon in Spanish

Understanding and defining trauma and different Trauma Types, impact of trauma on the brain, Child Traumatic Stress CTS, Adverse Childhood Experiences ACEs and Adverse Community Experiences and Resilience ACE | R

Self-Care and Wellness

2 hour Presentation

Available in English / Coming soon in Spanish

Learn how stress affects you, strategies to help you manage stress and build resiliency, practicing the different strategies through guided virtual activities and available resources and how to connect.

For more information on how you can register for the next virtual presentation, please contact Prevention and Early Intervention (951)955-3448 | PEI@ruhealth.org | <http://ruhs-bh-pei.eventbrite.com>

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.aspx>

Currently Open for Bid:

Asian American Pacific Islander Mental Health Resource Center (AAPIMHRC)

Submission Deadline October 15, 2020

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

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