

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

# P.E.I. Pulse

Quarterly PEI Newsletter ♦ Volume 4 ♦ Issue 4 ♦ December 2021



We would like to thank the community and contractors for their ongoing support and dedication to the PEI work throughout Riverside County. We look forward to continue serving our community and building relationships in 2021.



## How to Help Grieving Loved Ones During the Holidays

### By TaNoah Morgan

The holiday season can be particularly stressful for people who have suffered the loss of a loved one. Unfortunately, according to psychologists specializing in grief, friends and family who mean well far too often lack the tools to be as supportive as they'd like to be.

One of the biggest reasons is because grief makes us uncomfortable. It is difficult to watch someone you care about go through pain and sorrow knowing there is little you can do to lessen it. But that doesn't mean you can't help.

"The most important thing supporters have to realize is you can't take away the pain," said Therese Rando, PhD, the author of "How to Go On Living When Someone You Love Dies."

"But you can be with them, and you can acknowledge it [by saying], 'It hurts me that you're hurting this holiday. I'm thinking of you and of [your loved one] and the times we had,'" Rando said. "That is such a gift — the gift of presence and acknowledgement."

#### **Just say it**

Supporters often make the mistake of deliberately not mentioning the name of the person who died, out of concern that it would upset the grieving friend. Nothing could be farther from the truth, psychologists say.

"We want to hear it. We want our loved ones to be remembered. We want people to talk about them, but I think the most common strategy is avoidance," said Sherry Cormier, PhD, author of "Sweet Sorrow: Finding Enduring Wholeness After Loss and Grief."

Mentioning the deceased gives the grieving person permission to either acknowledge or express some of their sad feelings and to remember happier times.

"Just talking about them keeps their memories alive, especially if they're fun times and humorous times," said Elaine Rodino, PhD, who specializes in holiday blues from her private practice in State College, Pennsylvania.

If a grieving person feels as if they're not allowed to remember a loved one, that in itself can be more painful, Rando said.

"The heart wants to acknowledge that someone who is very important is not here. To not be able to do that just creates a lot more pressure," she said. "They may shed tears, and that doesn't have to be a bad thing. It's a human reaction to [the] absence of someone who is dearly loved." Added Pauline Wallin, PhD, who specializes in holiday season issues from her private practice in Camp Hill, Pennsylvania, "You don't have to ignore it and pretend it didn't happen. It's OK to say, 'I remember when your dad was here.' "

#### **Push assumptions aside**

Another common mistake supporters make is assuming how the grieving person must feel.

"I think what [supporters] get wrong is not reaching out and simply finding what might be best for the grieving person," said Robin Goodman, PhD, executive director of A Caring Hand in New York City.

For example, if you call a grieving friend and he or she doesn't get back to you, try again, Goodman said. Don't assume your friend doesn't want to talk. Some days the bereaved person is going to feel overwhelmed and other days will be better. Supporters should give the grieving person several opportunities to engage.

Supporters also should try to be specific when offering help. Instead of asking what to do, offer to handle specific tasks, Goodman said.

"Be concrete and specific and follow through. Sometimes you have to say, 'Can I help you with decorating, or presents or wrapping? Do you need a break for anything?' Make it specific," Goodman said. "It's not about you, it's about them. So reach out and find out. It's about what do they need."

### **Know your role**

Another important consideration for supporters is understanding the role in which then can best serve their grieving person.

"Sometimes you need somebody to dog-sit and sometimes, someone to cry with," Goodman said.

A bereaved person needs at least three types of supporters in their life, Goodman said:

*The listener:* The supporter who offers a shoulder to cry on. This person is a go-to who can handle intimate details and emotion.

*The doer:* The supporter who is responsible and helpful with tasks. The doer may be able to pick up the kids at the last minute or help with the bake sale when the bereaved is feeling overwhelmed.

*The distractor:* The supporter who offers a lighter touch and can help the bereaved take a break from the hard work of grieving. This person is the go-to for the movies, dinner or just an evening of laughter.;

And help sometimes comes from the most unexpected source.

"People will tell you they were surprised by the people they never expected to step up, and they were grateful for what they did and how they did it. That's not the relationship [they] had before," Goodman said. "Others will say, 'I can't believe my fill-in-the-blank didn't know what to do and disappeared and didn't know how to help.'"

### **Be patient**

Supporters should remember that grief can last years, and that how a person looks on the outside may not line up with how they're feeling.

"There's something about saying to someone, 'On my God, you look so great,' as if to say, 'You must be over this [grief].' But no, I'm just putting my best foot forward and I'm trying to do my best. And sometimes I'm not good and sometimes I am," Goodman said.

The supporter should let a bereaved person know the supporter understands that grief has its ups and downs.

"It's just letting them know you see past how they look and how you want them to be ... and that you see them for who they really are," Goodman said. "Just say, 'I know how tough this can be and I'm glad to have you.' It's really just very simple human things that are important."

<https://www.apa.org/news/apa/2018/support-that-works>



# 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](http://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](http://www.calmhsa.org)

# Free Virtual Presentations

Space is limited, registration is required.

To register, please visit:

<https://forms.gle/M31fLx7QvJPLQoVk9>

If you have any questions please email or call Prevention & Early Intervention  
(951) 955-3448 | [PEI@ruhealth.org](mailto:PEI@ruhealth.org)



## Building Resiliency and Understanding Trauma

This 2 hour presentation will focus on:

Understanding and defining trauma and different trauma types; Impact of trauma on the brain; Child Traumatic Stress (CTS); Adverse Childhood Experiences (ACEs); Adverse Community Experiences and Resilience (ACE|R); Resiliency and being trauma-informed. Disponible en Español bajo petición.



## Mental Health 101

This 1.5 hour presentation will focus on:

Understanding mental health; Understanding mental health vs. mental illness; Mental health spectrum; Stigma reduction; Risk and protective factors; Available resources. Disponible en Español bajo petición.



## Self Care and Wellness

This 2 hour presentation will focus on:

Understanding how stress affects you (psychological, spiritual, interpersonal and physical impacts); Strategies to help you manage stress and build resiliency; Practicing the different strategies through guided virtual activities; Available resources and how to connect. Disponible en Español bajo petición.



## Know the Signs

This 2 hour presentation will focus on:

Understanding how to recognize the warning signs of suicide, how to find the words to have a direct conversation with someone in crisis and where to find professional help and resources. Disponible en Español bajo petición.

*These trainings are made possible by Riverside University Health System - Behavioral Health, Prevention and Early Intervention. Funding is provided through the Mental Health Services Act.*





# Presentaciones Virtuales Gratuitas

El espacio es limitado, es necesario registrarse.

Para registrarse, visite:

<https://forms.gle/XbrDJdJqUm8geZ6>

Disponible en Español bajo petición.

Si tiene alguna pregunta, envíe un correo electrónico o llame a  
Prevención e Intervención Temprana  
(951) 955-3448 | PEI@ruhealth.org



## Desarrollando la Capacidad de Adaptarse y Comprendiendo el Trauma

Esta presentación de 2.5 horas se centrará en:

Comprender y definir el trauma y los diferentes tipos de trauma; Impacto del trauma en el cerebro; Estrés Traumático Infantil (CTS); Experiencias Adversas de la Niñez (ACEs); Experiencias Adversas de la Comunidad y Resiliencia (ACE | R); Resiliencia y estar informado sobre el trauma.



## Salud Mental 101

Esta presentación de 2 horas se centrará en:

Comprensión de la salud mental; Comprender la salud mental frente a las enfermedades mentales; Espectro de salud mental; Reducción del estigma; Factores de riesgo y protección; Recursos disponibles.



## Auto-Cuidado y Bienestar

Esta presentación de 2.5 horas se centrará en:

Comprender cómo le afecta el estrés (psicológico, espiritual, interpersonal y impactos físicos); Estrategias para ayudarlo a manejar el estrés y desarrollar resiliencia; Practicando las diferentes estrategias a través de actividades virtuales guiadas; Recursos disponibles y cómo conectar.



## Reconozca las Señales

Esta presentación de 2 horas se centrará en:

Entender cómo reconocer las señales de advertencia del suicidio, cómo encontrar las palabras para tener una conversación directa con alguien en crisis y dónde encontrar ayuda profesional y recursos.

*Esta capacitación es posible gracias al Sistema de Salud Integral de Riverside - Salud Mental y Bienestar, Prevención e Intervención Temprana, a través de la Ley de Servicios de Salud Mental.*



## 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](https://purchasing.co.riverside.ca.us/Bids/OpenBids/Publicpurchaseopenbids.aspx)

To get on our PEI notification list and receive this link, email: [DAGutierrez@ruhealth.org](mailto:DAGutierrez@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](mailto: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.

## SOCIAL MEDIA



@RUHSBH



RUHS-BH



#RUHSBH

## PEI Collaborative

### Location

Zoom Meeting– Please register in advance

[https://ruhealth.zoom.us/meeting/register/  
tZModuitpjlH2bTMpt0vEH-63NPBrE0mzV](https://ruhealth.zoom.us/j/63NPBrE0mzV)

### Upcoming Meetings:

December - Dark

March 31, 2021

12:00 pm - 2:00 pm

*\*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.

## Suicide Prevention Coalition

### Location

Zoom Meeting– Please register in advance

[https://ruhealth.zoom.us/meeting/register/tZwoc-GqrD4tE9Q9V-  
Gqwd9b9IFbg3VhNdS\\_b](https://ruhealth.zoom.us/j/63NPBrE0mzV)

### Upcoming Meeting:

January 26, 2022

9:00 am—11:00 am

*\*Quarterly Meeting*

*Building Hope and Resiliency: A Collaborative Approach to Suicide Prevention in Riverside County* is our local strategic plan designed to eliminate suicide in Riverside County. Join our quarterly meetings to learn how the suicide prevention coalition is bringing the plan into action as well as broaden your knowledge and build expertise in suicide prevention best practices.

For more information on how you can join the Coalition and or to receive the Zoom link please email: [Mi.Gomez@ruhealth.org](mailto:Mi.Gomez@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](mailto:PEI@ruhealth.org)