

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 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 5 ♦ Issue 2 ♦ May 2022

9 Ways to Fight Mental Health Stigma

By Luna Greenstein

Talk Openly About Mental Health

"I fight stigma by talking about what it is like to have bipolar disorder and PTSD on Facebook. Even if this helps just one person, it is worth it for me." – Angela Christie Roach Taylor

Educate Yourself And Others

"I take every opportunity to educate people and share my personal story and struggles with mental illness. It doesn't matter where I am, if I over-hear a conversation or a rude remark being made about mental illness, or anything regarding a similar subject, I always try to use that as a learning opportunity and gently intervene and kindly express how this makes me feel, and how we need to stop this because it only adds to the stigma." – Sara Bean

Be Conscious Of Language

"I fight stigma by reminding people that their language matters. It is so easy to refrain from using mental health conditions as adjectives and in my experience, most people are willing to replace their usage of it with something else if I explain why their language is problematic." – Helmi Henkin

Encourage Equality Between Physical And Mental Illness

"I find that when people understand the true facts of what a mental illness is, being a disease, they think twice about making comments. I also remind them that they wouldn't make fun of someone with diabetes, heart disease or cancer." – Megan Dotson

Show Compassion For Those With Mental Illness

"I offer free hugs to people living outdoors, and sit right there and talk with them about their lives. I do this in public, and model compassion for others. Since so many of our homeless population are also struggling with mental illness, the simple act of showing affection can make their day but also remind passersby of something so easily forgotten: the humanity of those who are suffering." – Rachel Wagner

Choose Empowerment Over Shame

"I fight stigma by choosing to live an empowered life. To me, that means owning my life and my story and refusing to allow others to dictate how I view myself or how I feel about myself." – Val Fletcher

Be Honest About Treatment

"I fight stigma by saying that I see a therapist and a psychiatrist. Why can people say they have an appointment with their primary care doctor without fear of being judged, but this lack of fear does not apply when it comes to mental health professionals?" – Ysabel Garcia

Let The Media Know When They're Being Stigmatizing

"If I watch a program on TV that has any negative comments, story lines or characters with a mental illness, I write to the broadcasting company and to the program itself. If Facebook has any stories where people make ignorant comments about mental health, then I write back and fill them in on my son's journey with schizoaffective disorder." – Kathy Smith

Don't Harbor Self-Stigma

"I fight stigma by not having stigma for myself—not hiding from this world in shame, but being a productive member of society. I volunteer at church, have friends, and I'm a peer mentor and a mom. I take my treatment seriously. I'm purpose driven and want to show others they can live a meaningful life even while battling [mental illness]." – Jamie Brown

PEI Program Spotlight

Contact Information

*For more information
please contact*

PEI

951-955-3448

PEI@ruhealth.org

*If you would like to
join the Stand Against
Stigma interest list, use
the following links or
scan the QR code*

English SAS Interest
List: [https://forms.gle/
nHcpND83ppi-
AdpRD7](https://forms.gle/nHcpND83ppi-AdpRD7)

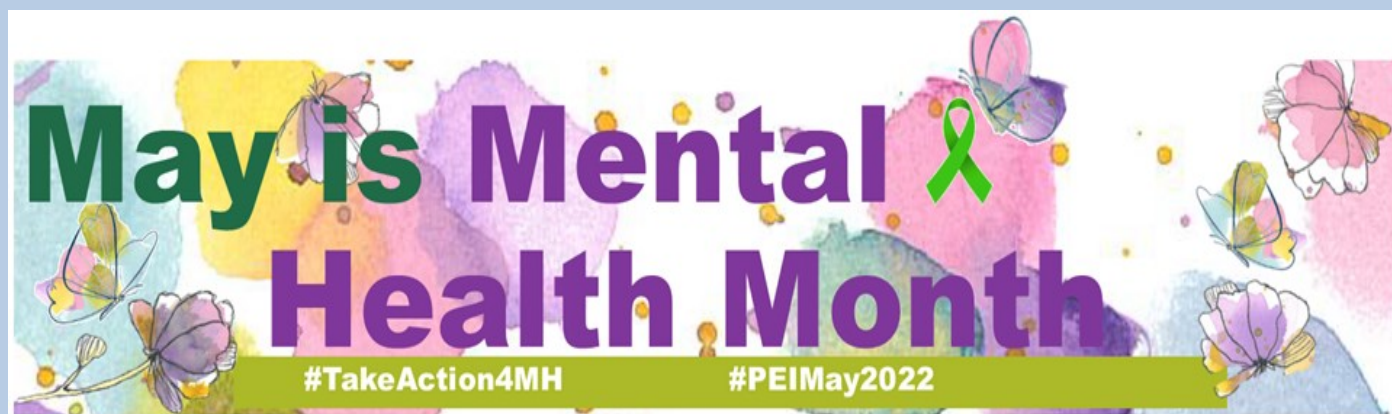
Spanish SAS Interest
List: [https://forms.gle/
NaT5y76aH4qDhuPj8](https://forms.gle/NaT5y76aH4qDhuPj8)



Stand Against Stigma

This program is designed to reduce the effects of stigma surrounding mental health challenges in our community through sharing experience, strength, and hope. Stand Against Stigma provides a platform for speakers with lived experience of mental illness and or substance use challenges to create mutuality through personal stories of hope and recovery. Over a 60-minute presentation our speakers will share about their journey in coming to learn about their own mental illness, what it looked like for them, and how they recovered. Presenters will provide community resources to enhance the public knowledge of how to navigate services through the mental health system and obtain appropriate support. The presentation will conclude with time for questions and answers.

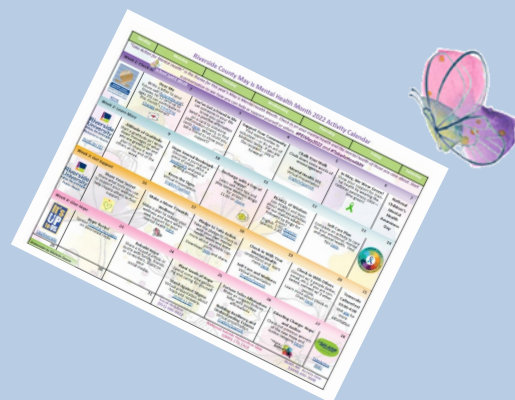
YOU ARE
NOT
ALONE



Take Action for Mental Health” is the theme for this year’s May is Mental Health Month. Check in on your mental health and the mental health of those that you care about. Start a conversation to see how you can help or support yourself or others. Share on your social media with: #TakeAction4MH and #PEIMay2022 (remember to change setting on social media posts to “public” to help spread the word)

To access the calendar of events and a detailed activity guide for the month please visit

<https://up2riverside.org/mental-health-month/>



May is Mental Health Month Partnership Agencies and Organizations:



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.

Take Action for Mental Health

Take Action for Mental Health is an evolution of the Each Mind Matters campaign. Over the last decade, Each Mind Matters has had a positive impact on reducing stigma of mental illness and increasing awareness of mental health needs and resources. Take Action for Mental Health builds on this progress and asks Californians to take action to support ourselves and the people we care about.

To learn more, please visit www.takeaction4mh.com



The California Mental Health Services Authority

The California Mental Health Services Authority (CalMHSA), in collaboration with its county members, is a leading voice for mental health services for California. Created to deliver on the promise of the Mental Health Services Act (MHSA), CalMHSA is a Joint Powers Authority formed by California counties and cities, focused on the efficient delivery of mental health services and resources. The MHSA Prevention and Early Intervention (PEI) component was designed to increase awareness of and access to mental health services, reduce the negative impacts that mental illness can have on a person's wellbeing, reduce the stigma associated with mental illness and help-seeking, and prevent suicide.

Free Virtual Presentations

To register, please visit the link or scan the QR code.

<https://forms.gle/M31fLx7QvJPLQoVk9>

If you have any questions please email or call

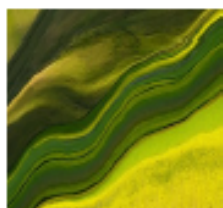
Prevention & Early Intervention

(951) 955-3448 PFI@ruhealth.org



Building Resiliency and Understanding Trauma This 2 hour presentation focuses 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 focuses 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 focuses 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 Presentations This 2 hour presentation focuses 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.

Pain Isn't Always Obvious



SuicideIsPreventable.org



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

Para registrarse, visite el enlace o escanee el código:

<https://forms.gle/XbrDJDCJUqUm8geZ6>

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.

El Sufrimiento No Siempre Se Nota

**RECONOZCA
LAS SEÑALES**

El Suicidio Es Prevenible



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.



Connect With Us

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>

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

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 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/join/tZAodOmorzoqEtxml7Qk3Cr1oOrkHQR17FIB>

Upcoming Meetings:

June 29, 2022

12:00 pm - 2:00 pm

*Quarterly Meeting

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/join/tZEkf--qrjsjGNG4RSIP14tDjQr5xpCaHESG>

Upcoming Meeting:

July 27, 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: 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