

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

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10 Warning Signs Your Older Family Member May Need Help

Changes in physical and mental abilities that may occur with age can be difficult to detect—for older adults and their family members, friends, and caregivers too. To help in determining when an older adult may need assistance in the home, the Eldercare Locator has compiled a list of 10 warning signs. Any one of the following behaviors may indicate the need to take action. It is also important to inform the older adult's physician of these physical or psychological behavior changes.

HAS YOUR LOVED ONE:

- Changed eating habits, resulting in losing weight?
- Neglected personal hygiene, including wearing dirty clothes and having body odor, bad breath, neglected nails and teeth, or sores on the skin?
- Neglected their home, with a noticeable change in cleanliness and sanitation?
- Exhibited inappropriate behavior, such as being unusually loud, quiet, paranoid, or agitated, or making phone calls at all hours?
- Changed relationship patterns, causing friends and neighbors to express concerns?
- Had physical problems, such as burns or injury marks, which may result from general weakness, forgetfulness, or misuse of alcohol or prescribed medications?
- Decreased or stopped participating in activities that were once important to them, such as bridge or a book club, dining with friends, or attending religious services?
- Exhibited forgetfulness, resulting in unopened mail, piling of newspapers, not filling their prescriptions, or missing appointments?
- Mishandled finances, such as not paying bills, losing money, paying bills twice or more, or hiding money?
- Made unusual purchases, such as buying more than one subscription to the same magazine, entering an unusually large number of contests, or increasing purchases from television advertisements?

Through the Eldercare Locator, older adults and their loved ones can get connected with information on local aging resources that offer assistance for aging in place, enabling older adults to continue living independently in their homes and communities.

Participant Feedback

"I am truly feeling more optimistic and I have the tools to keep me on track. [Staff Name] is a 10 out of 10!"

"I was a mess emotionally and had somewhat of a hopeful mind set. [Staff Name] kept me on course, I thank [Staff Name] for the things I learned and the weekly sessions."

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CBT-LLD Contact Info:

Inland Caregiver Resource
Center-serving Countywide
1-800-675-6694

(www.inlandcaregivers.org)



The Center

<https://thecentercv.org/>

(760) 416-7790

info@thecentercv.org



PEI Program Spotlight

Cognitive Behavioral Therapy for Late-Life Depression (CBT-LLD)

Cognitive Behavioral Therapy for Late-Life Depression (CBT-LLD) is an evidence based practice that aims to alleviate symptoms of depression and reduce suicide risk in older adults aged 60 and over. Participants are taught to identify, monitor, and challenge unhelpful thoughts, develop more adaptive and flexible thought patterns, and to identify and increase pleasant events in their daily lives. CBT-LLD is provided by Master's level clinicians. The program lasts between 16-20 sessions and is offered at no-cost to [phttps://www.apa.org/pi/aging/resources/guides/psychology-and-aging program clients](https://www.apa.org/pi/aging/resources/guides/psychology-and-aging-program-clients).

PEI Providers:

Inland caregiver (ICRC) understands that there may be some seniors living alone with limited support from family. In addition, many family caregivers are also seniors that need care for themselves. As a result, ICRC has made a great effort to help seniors who need additional support and would like to remain in their homes and live an independent life.



Francesca Salvatierra

Jennifer Lopez

Aida Blanco

The Center (TC) is a thriving, community-based organization that offers a safe and supportive environment for its members. Their mission is to enrich the lives of the LGBTQI community. They advance this mission by providing senior-specific programming, clinical counseling, social offerings, and much more Outcomes Evaluation .



Rob Wheeler, Barry Jones, Charles Huff, Tomas Prower, Christopher Hawkey, Guillermo Biro, Candice Nichols, Dan Griffen, Debra Pollock, Miguel Navarro, Raul Rodriguez

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.

#ICYMI Each Mind Matters is now 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

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



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.

Trainings are available in Spanish Upon request.



