



RIVERSIDE COUNTY DEPARTMENT OF MENTAL HEALTH

PREVENTION & EARLY INTERVENTION

Directory of Services





OUR MISSION

The Riverside County Department of Mental Health (RCDMH) exists to provide effective, efficient, and culturally sensitive community-based services to adults, older adults, and children who have, or are at risk of, developing mental illnesses or substance abuse problems; as well as to individuals on conservatorship. We strive to provide consumers with services that will empower them to achieve and maintain their own recovery goals and personal wellness. On our website, there is a wealth of information about mental health and the programs offered by RCDMH.

OUR VISION

RCDMH believes and promotes that people can and do recover from mental illness. Recovery does not necessarily mean that someone is “cured” and is not limited to just the absence of symptoms, but rather that the individual has created the purposeful path that leads him or her to a meaningful, productive and fulfilling life beyond a mental health diagnosis. It is about regaining and frequently discovering who you are and who you were meant to be. The Department of Mental Health’s vision is to provide services that reflect our consumers’ own picture(s) of their recovery and to empower them in their journeys toward fulfilling lives. Consumers’ visions for their recovery include:

- Having a safe, stable, and comfortable living environment
- Engaging in chosen, productive, daily activities (work, school, personal interests)
- Being safe in the community and out of trouble with the law
- Being connected and involved with family, peers and the community
- Not being incapacitated by internal stress, or drug or alcohol use

The degree to which we help consumers meet their criteria for successful recovery is a measurement of the Department’s success in fulfilling its own vision.

MENTAL HEALTH SERVICES ACT

The Mental Health Services Act (MHSA), also known as Proposition 63, was approved by California voters to provide a 1% tax on personal income over \$1 million in order to expand and transform the county mental health service system. It became effective January 01, 2005. One of the key components of the MHSA is Prevention and Early Intervention (PEI).

PREVENTION & EARLY INTERVENTION

The Mental Health Services Act Prevention and Early Intervention (PEI) component is intended to broaden the mental health system to become a “help first” system which includes programs and services for people at risk of developing mental health problems, as well as their family, friends and caregivers.

This Prevention and Early Intervention Directory of Services was developed to provide a simple and easy to use resource that lists programs and services in Riverside County. The programs and services listed in the guide are primarily offered in community and home-based settings. Please call for information on where services and programs are being offered.

WHAT IS PREVENTION?

- Prevention in mental health involves building protective factors and skills, increasing support, and reducing risk factors or stressors
- Prevention efforts occur prior to a diagnosis of mental illness
- Generally there are no limits on prevention programs

WHAT IS EARLY INTERVENTION?

- Addresses a condition early in its manifestation
- Is of relatively low intensity
- Is of relatively short duration (less than one year)
- May include individual screening for confirmation of potential mental health needs
- Has the goal of supporting well-being in major life domains and avoiding the need for more extensive mental health services

As a result of an extensive community planning process, Riverside County Department of Mental Health (RCDMH) developed a PEI plan that was approved by the Mental Health Oversight and Accountability Commission on September 24, 2009. The PEI plan includes many programs and activities to address the needs of individuals at highest risk of developing mental health problems as well as those who are recently experiencing mental health symptoms.

RCDMH divides the county into three regions which are Western, Mid-County, and Desert. The Research and Evaluation Unit analyzed data in order to identify the initial target communities throughout the county. The data included areas with high rates of risk factors that increase the risk of the development of mental health problems. These risk factors include, but are not limited to, child abuse and elder abuse rates, crime rates, school dropout rates and poverty.

Community Education &
Stigma Reduction

Parent & Family Support & Training

School Based Programs

Transition Age Youth (TAY) Programs

Older Adult Programs

Trauma Programs

Specialized Ethnic Community Initiatives



COMMUNITY
EDUCATION
& STIGMA
REDUCTION



Active Minds

Active Minds chapters are student run with a faculty/staff member acting as advisor. Active Minds chapters, “work to increase students’ awareness of mental health issues, provide information and resources regarding mental health and mental illness, encourage students to seek help as soon as it is needed, and serve as liaison between students and the mental health community.”



Moreno Valley College

Advisor: 951-571-6180



Mount San Jacinto College

Advisor: 951-639-5566



University of California Riverside

Advisor: 951-827-6727



Riverside Community College - Riverside Campus

Advisor: 951-222-8508



College of the Desert

Advisor: 760-773-2534



Palo Verde College

Advisor: 760-921-5489

Call to Care

Provides outreach and training for lay persons to initiate and maintain understanding, caring relationships with people from their communities: and to volunteer to use their lay counseling skills in their communities.



Catholic Charities
1441 North “D” Street
San Bernardino, CA 92405

WESTERN AND MID-COUNTY REGIONS:

951-801 - 5282 ext. 480

DESERT REGION:

760-449 - 7877 ext. 480



Promotores de Salud Mental

Mental health promotores(as) provide mental health education and support to members of their respective communities. The promotores(as) provide large group and small group presentations as well as meet with individuals and families to provide information on mental health topics and resources.



El Sol Neighborhood Education Center
5473 Mission Boulevard
Riverside, CA 92509
909-884-3735

National Alliance on Mental Illness (NAMI) Initiative

The NAMI Initiative includes the following three NAMI signature programs:

Parents and Teachers As Allies

A program that educates families and school personnel about the warning signs of early onset mental illness in children and adolescents in school. It focuses on the specific, age-related symptoms of mental illness in young people.

In Our Own Voice

An interactive public education program in which two trained consumer speakers share their personal stories about living with mental illness and achieving recovery.

Breaking the Silence

An educational package that teaches students in upper elementary school, middle school, and high school about mental illness.



WESTERN REGION:
Recovery Innovations Inc.
3839 Brockton Avenue | Riverside, CA 92501
951-686-5484

DESERT REGION:
The Harmony Center
81840 Avenue 46, Suite 201 | Indio, CA 92201
760-391-6999





PARENT &
FAMILY
SUPPORT &
TRAINING

Caregiver Support Groups

A twelve week educational and support program for caregivers. This program is primarily designed for caregivers of older adult participants in prevention and early intervention programs, caregivers of older adults with mental illness and caregivers of older adults with dementia.



SERVING ALL REGIONS:
Riverside County Office on Aging
6296 Rivercrest Drive # K | Riverside, CA 92507
951-867-3800 or 1-800-510-2020

Strengthening Families Program (SFP) 6-11

SFP 6-11 is an evidence-based practice that uses a parent, youth, and multi-family group format to prevent teen problem behaviors and substance abuse, strengthen parenting skills, and build family strengths. SFP 6-11 has been proven effective in lowering levels of aggression, increasing the resistance to peer pressure in youth, and increasing the ability of parents to set appropriate limits and show affection to their children. SFP 6-11 is a 14-session program, with two-hour sessions usually held weekly in the evenings at school and in community settings.



WESTERN REGION:
My Family, Inc.
5870 Arlington Avenue Suite 103 | Riverside, CA 92504
951-683-6596



MID-COUNTY REGION:
My Family, Inc.
1604 S. Santa Fe Avenue Suite 403 | San Jacinto, CA 92583
951-654-4383



DESERT REGION:
Riverside Latino Commission
790 Vine Street | Coachella, CA 92236
760-398-8880

Positive Parenting Program (Triple P)

A parent education program for parents and caregivers of children age 2-12. The program is suitable for parents/caregivers with concerns about their child's behaviors or wish to learn a variety of parenting skills that will promote their child's development. Classes are offered in community locations.



WESTERN AND MID-COUNTY REGIONS:
The Carolyn E. Wylie Center
4164 Brockton Avenue | Riverside, CA 92501
951-683-5193



DESERT REGION:
El Sol Education Neighborhood Center
53990 Enterprise Way, Suite 10 | Coachella, CA 92236
(760) 398-8758





SCHOOL
BASED
PROGRAMS

School Based Programs

Families and Schools Together (FAST)

The FAST program is a multi-family group process in schools designed to build protective factors in children, empower parents to be the primary prevention agents for their children. The overall goal of the program is to help at risk youth to succeed in the community, at home and in school.



WESTERN AND MID-COUNTY REGIONS:
Victor Community Support Services
555 N. Perris Blvd. Bldg A | Perris, CA 92571
951-436-5300

Sunnyead Elementary School
24050 DracaeaAve. | Moreno Valley, CA 92553
951-571-4500

Armada Elementary
25201 John F Kennedy Drive | Moreno Valley CA 92551
951-360-2865

Lakeland Village Middle School (K-8)
18730 Grand Ave. | Lake Elsinore, CA 92530
951-654-9391

Elsinore Elementary
512 West Summer Street | Lake Elsinore, CA 92530
951-253-7615



DESERT REGION:
Oasis Rehabilitation Center
47-915 Oasis Street | Indio, CA 92201
760-391-6970

Dwight Eisenhower Elementary
83-391 Dillon Ave. | Indio, CA 922201
760-775-3810

Palm View Elementary
1390 7th Street | Coachella, CA 92236
760-398-2861

Mental Health - Public School Collaborative in Desert Hot Springs

The following is a description of groups/services that are offered to students/families enrolled in the following Desert Hot Springs middle schools:

Peace 4 Kids is a school-based program offered to students and their families at Painted Hills Middle School and Desert Springs Middle School in Desert Hot Springs. The program focuses on empowering our youth with essential social skills, empathy training, character education, and anger management. These lessons provide protective factors against the risks in our community. The Parent Empowerment Groups bring together the entire family to strengthen family bonds. Our team meets with students two class periods per week for up to 14 weeks, and gather with the entire family a total of 8 sessions once a week. Peace 4 Kids promotes peace, empathy and integrity within our schools, families, and community.



PAINTED HILLS MIDDLE SCHOOL

Luisa Deniz, CT I 760-238-7234

Jennifer Trevino, BHS II 760-396-7225

Alejandra Guzman, BHS II 760-396-6224

DESERT SPRINGS MIDDLE SCHOOL

Lori Lira, CT-II 760-238-1562

Vicki Ortega, CT I 760-396-7550

Daniel Miranda, BHS-II 760-238-3747



TRANSITION
AGE YOUTH
(TAY)
PROGRAMS

Transition Age Youth (TAY) Programs

Transition Age Youth (TAY) Peer To Peer Program

This prevention service utilizes Transition Age Youth (16-25) who reflect the populations they will be serving which include Lesbian, Gay, Bisexual, Transgender, & Questioning foster youth, youth transitioning into college, and runaway/homeless youth. The TAY peer providers will provide formal and informal outreach, informal counseling and support/informational groups to at-risk youth and their families.



MID-COUNTY REGION:
“Peer to Peer”

Victor Community Support Services
555 N. Perris Blvd. Bldg A | Perris, CA 92571
951-436-5300



WESTERN REGION:
“Cup of Happy”
Operation SafeHouse
7130 Magnolia Ave. Ste L
Riverside, CA 92504
951-227-2359

DESERT REGION:
“Cup of Happy”
Operation SafeHouse
72-710 East Lynn Street
Thousand Palms, CA 92276
760-343-3211

Outreach and Reunification for homeless and runaway youth

Provides outreach to homeless and runaway youth. Crisis intervention and counseling strategies are used to facilitate re-unification of the youth with an identified family member. Follow up referrals will be provided to assist in stabilizing their living situation.



WESTERN REGION:
Operation SafeHouse
9685 Hayes Street
Riverside, CA 92503
951-351-4418

DESERT REGION:
Operation SafeHouse
72-710 East Lynn Street
Thousand Palms, CA 92276
760-343-3211

Stress and Your Mood Program

SAYM is an evidence-based early intervention program used to treat depression. The program is low intensity and short in duration. Some family education regarding depression and family or parent session are included. Consistent with the model, providers will refer the Transition Age Youth (16-25), as appropriate, for a medication evaluation and work closely with the prescribing psychiatrist to ensure continuity of care. The program is provided in weekly individual or group sessions for 12-20 sessions.



WESTERN REGION:
Operation SafeHouse
9685 Hayes Street
Riverside, CA 92503
951-351-4418



DESERT REGION:
Operation SafeHouse
72-710 East Lynn Street
Thousand Palms, CA 92276
760-343-3211

MID-COUNTY REGION:

Currently, Riverside County Department of Mental Health is preparing to release a Request for Proposals to identify a service provider for the Mid-County Stress and Your Mood program.





OLDER
ADULT
PROGRAMS

CareLink

A care management program for frail older adults and disabled adults with the goal of assisting the individual with what they need to remain in the lowest level of care (i.e. their home). Each participant is screened for depressive symptoms and, if appropriate, provided an evidence-based intervention designed to reduce the severity of depressive symptoms.



SERVING ALL REGIONS:
Riverside County Office on Aging
6296 Rivercrest Drive # K | Riverside, CA 92507
951-867-3800

Cognitive-Behavioral Therapy (CBT) for Late Life Depression

An evidence-based early intervention service that is an active, directive, time limited and structured problem solving approach to reduce depression and suicide risk in older adults.



SERVING ALL 3 REGIONS:
Catholic Charities
1441 North "D" Street | San Bernardino, CA 92405

WESTERN & MID-COUNTY REGIONS:
951-801-5282

DESERT REGION:
760-449-7877



DESERT REGION:
The LGBT Community
The Center | 611 S. Palm Canyon Drive,
Suite 201
Palm Springs, CA 92264
760-416-7790

Program to Encourage Active Rewarding Lives for Seniors (PEARLS)

This program is an individual, home-based, participant driven service for older adults designed to reduce symptoms of depression and improve health-related quality of life.

Riverside County Department of Mental Health



WESTERN REGION:
Wellness and Recovery Clinic for Mature Adults
2085 Rustin Avenue | Entrance 5/ Orange
Riverside, CA 92507
951-509-2400

MID-COUNTY REGION:
San Jacinto Wellness & Recovery Clinic for
Mature Adults
1370 S. State Street, Suite B | San Jacinto, CA 92583
951-791- 3596

DESERT REGION:
Desert Hot Springs Wellness and Recovery for
Mature Adults
14320 Palm Dr. | Desert Hot Springs, CA 92240
760-773-6767



TRAUMA PROGRAMS



Cognitive-Behavioral Intervention for Trauma in Schools (CBITS)

The CBITS program is a group intervention for youth 10-15 years old who have symptoms of Post Traumatic Stress Disorder (PTSD), including depression and anxiety caused by exposure to violence.



Catholic Charities:

1441 North “D” Street | San Bernardino, CA 92405
Shanna Puels (Director of School Counseling Programs)
spuels@ccsbriv.org | (909) 763-4970 ext. 415

SERVING ALL 3 REGIONS:

WESTERN REGION:

Jurupa Unified
School District
909-763-4970 ext.376

Moreno Valley Unified
School District
909-763-4970 ext. 386

Alvord Unified School
District
909-763-4970 ext. 376

MID-COUNTY REGION:

San Jacinto Unified
School District
909-763-4970 ext. 380

Lake Elsinore Unified
School District
909-763-4970 ext. 380

DESERT REGION:

Desert Sands Unified
School District
909-763-4970 ext. 361

Banning Unified
School District
909-763-4970 ext. 386

Coachella Unified
School District
909-763-4970 ext.376



OPERATION SAFEHOUSE:

WESTERN REGION:

9685 Hayes Street
Riverside, CA 92503
(951) 351 4418 ext. 0

DESERT REGION:

72710 East Lynn Street
Thousand Palms, CA 92276
(760) 343-3211 ext. 0

Seeking Safety

Is a present focused, coping skills program designed to simultaneously help individuals with a history of trauma and substance abuse. It is available in group or individual format and for female, male or mixed gender groups. The program is offered at high school and college campuses as well as other community locations.



WESTERN REGION:
Riverside City College
Health & Psychological Services
4800 Magnolia Avenue, Riverside, CA 92506
(951)222-8151

Moreno Valley College
Student Health & Psychological Services
16130 Lasselie Street, Moreno Valley, CA 92551
(951)571-6103



DESERT REGION:
Operation SafeHouse
72710 East Lynn Street, Thousand Palms, CA 92276
(760) 313-3211 ext. 0

MID-COUNTY REGION:

Currently, Riverside County Department of Mental Health is preparing to release a Request for Proposals to identify service providers for the Mid-County Seeking Safety program.





SPECIALIZED
ETHNIC
COMMUNITY
INITIATIVES

Specialized Ethnic Community Initiatives

Building Resilience in African American Families

The initiative includes the following three programs:

Africentric Youth and Family Rites of Passage Program:

This program is designed for African American males between ages 11-15 who are at risk of the development of mental health problems, school failure and involvement in the juvenile justice system.

Effective Black Parenting Program (EBPP):

This program is a parent education program for parents/caregivers of African American youth ages 2-18, including teenage parents. This program is provided to the parents of the youth in the Africentric Youth and Family Rites of Passage Program as well as for parents of at risk youth in the community.

Cognitive-Behavioral Interventions for Trauma in Schools (CBITS):

The CBITS program is a group intervention for reducing youth's symptoms of Post Traumatic Stress Disorder (PTSD), including depression and anxiety caused by exposure to violence.



MID-COUNTY REGION:
Perris Valley Recovery Center
236 E. Third Street, Suite B | Perris, CA 92570
951-657-2960



DESERT REGION:
Family Health and Support Network
74410 Highway 111, Suite D | Palm Desert, CA 92260
760-340-2442

WESTERN REGION:

Riverside County Department of Mental Health is committed to the needs in our specialized ethnic communities. Currently, we are diligently searching for a service provider for the Western Region.

Mamás y Bebés (Mothers and Babies)

This is an 8 week mood management course provided during and after pregnancy for women at risk of post-partum depression. Women who complete the program also receive 3 individual booster sessions. The purpose is to teach participants to recognize which thoughts, behaviors, and social contacts have influence on their mood, the effect of mood on health, and the benefits of strengthening maternal-infant bonding.



WESTERN AND MID-COUNTY REGIONS

El Sol Education Neighborhood Center

2501 Rubidoux Blvd. Suite A | Jurupa Valley, CA 92509

951-823-0360



DESERT REGIONS

El Sol Education Neighborhood Center

53990 Enterprise Way Suite 10 | Coachella, CA 92236

760-398-8758



Specialized Ethnic Community Initiatives

Native American Initiative

The Native American Initiative serves all regions and includes the following two programs:

Guiding Good Choices (GGC):

This is a parent education program that provides parents/guardians of children in grades 4 through 8 (9-14 years old) with the knowledge and skills needed to guide their children through early adolescence.

Incredible Years (IY) - SPIRIT:

The Incredible Years, an evidence based program, is a set of comprehensive, multi-faceted, and developmentally based curricula targeting children and their parents/guardians. The evidence based adaptation (SPIRIT) includes incorporation of skills linked to Native American traditions, beliefs, and values.

Riverside County Department of Mental Health is committed to the needs in our specialized ethnic communities. Currently, we are diligently searching for service providers for the programs listed above.

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PREVENTION & EARLY INTERVENTION

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NOTES

RIVERSIDE COUNTY BOARD OF SUPERVISORS

The Board of Supervisors is the governing body of the County, certain special districts and the Housing Authority. The Board enacts ordinances and resolutions, adopts the annual budget, approves contracts, appropriates funds, determines land use zoning for unincorporated areas, and appoints certain County officers and members to various boards and commissions.



Kevin Jeffries
District 1



John F.
Tavaglione
District 2



Chuck
Washington
District 3



John J. Benoit
District 4



Marion Ashley
District 5

The Riverside County Department of Mental Health has developed an exceptional reputation for providing services that involve the latest innovation in clinical, administrative, policy, and research issues affecting mental health. These services cover an area that extends from the Orange County line to the Arizona State line.

Riverside County Department of Mental Health JERRY A. WENGERD, DIRECTOR



Mental Health Administration Office
4095 County Circle Drive | Riverside, CA 92503
951-358-4500
www.rcdmh.org & www.riverside.networkofcare.org



INFORMATION AND REFERRALS

National Suicide Prevention Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. 800-273-TALK (8255).

HELPLINE is a free, confidential crisis/suicide intervention service. Operated by highly trained volunteers, the line is open 24 hours a day, seven days a week.

Call: 951-686-HELP OR 951-686-4357

2-1-1 is a toll-free number that provides information and referrals for health and social services in Riverside County.

Call: 2-1-1

CARES Line (Community Access, Referral, Evaluation and Support Line) Provides information and referrals for Medi-Cal and Riverside County Health Plan beneficiaries seeking Mental Health Services.

Call: 800-706-7500

Department of Mental Health www.rcdmh.org

Network of Care www.riverside.networkofcare.org

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