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# Stress and Your Mood Program

## Screening Interest Form

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Today's Date \_\_\_\_\_

Name \_\_\_\_\_

Date of Birth : \_\_\_\_\_ Age: \_\_\_\_\_ Gender \_\_\_\_\_

City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Are you currently feeling stressed, depressed, irritable, difficulty sleeping and/or eating, difficulty concentrating, and/or dealing with the "stressors of life" ?

YES     NO

If yes, how long have you been feeling this way?

Less than 12 months ago     More than 12 months ago

Have you had any previous counseling or mental health services?     YES     NO

If yes could you briefly explain?

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**Are you interested in learning more about getting help for your stress?**

No, thank you.

**Yes! Please provide your phone number AND e-mail so we can contact you:**

\_\_\_\_\_  
Phone Number

\_\_\_\_\_  
E-mail Address

**By providing your contact information, you are consenting to be contacted by us and agreeing to use telehealth services (video conferencing, phone, text, e-mail, etc.) while we work together to decide if this program might be helpful for you.**

**End of form, thank you!**

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### FOR OFFICE USE ONLY

**Staff Name:** \_\_\_\_\_ **Referral Source:** \_\_\_\_\_

CES-D score: \_\_\_\_\_

Enrolled & expected start date \_\_\_\_\_

Referred out to: \_\_\_\_\_

Other: \_\_\_\_\_

# Service Areas & Contact Info

The SAYM program is available throughout riverside county with clinicians in each of the following regions:

- Western region
- Desert region
- Mid-county region

For questions, or to get connected to a SAYM clinician in your area, please contact:

Nicole Watson  
Mental Health Dept. Director  
Operation Safehouse  
[nwatson@operationsafehouse.org](mailto:nwatson@operationsafehouse.org)

## Operation SafeHouse

9685 Hayes Street  
Riverside, CA 92503  
(951) 351-4418  
[www.operationsafehouse.org](http://www.operationsafehouse.org)

SafeHouse Of The Desert  
72710 East Lynn Street  
Thousand Palms, California  
(888) 343-4660  
[www.safehouseofthedesert.org](http://www.safehouseofthedesert.org)

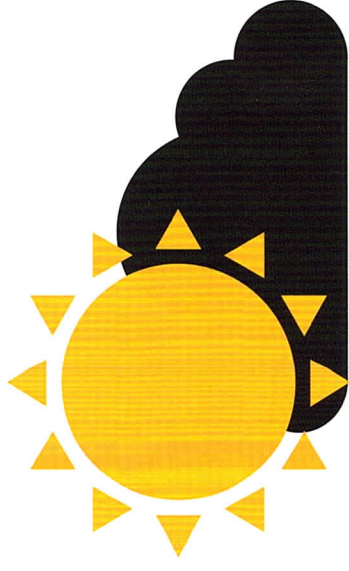
## SAYM is funded by:

Riverside University Health System  
Behavioral Health

Mental Health  
Services Act  
Prevention & Early Intervention



# Stress & Your Mood



Evidence-Based Treatment  
for ages 16-25.



# Early Signs/ Symptoms

## SAYM treats:



### Difficulty:

- sleeping
- eating
- concentrating
- coping with stress



### Feeling:

- irritable
- sad, down, depressed
- overwhelmed
- hopeless
- anxious
- isolated or alone

## What is SAYM?

**Stress and Your Mood (SAYM)** is a prevention/early intervention program that reduces symptoms of depression and improves general functioning of youth and young adults. SAYM is endorsed by the California Institute for Mental Health (CIMH) as an evidence-based model. SAYM uses **Cognitive Behavioral Therapy (CBT)** techniques to accomplish individual goals of **improving mood** and functioning.

## What's covered:

- How to decrease negative thoughts and increase positive thoughts.
- Strategies to increase and incorporate enjoyable activities into daily life.
- How to improve social skills and problem-solving skills within relationships.
- CBT practice assignments to help regulate stress and improve mood-related symptoms.
- Learning life-long skills used to reduce stress and improve quality of life.

## Participants....

- Are between the ages of 16-25.
- Are currently experiencing one or more signs of stress &/or issues with mood\*
- Complete 10-12 group &/or individual sessions, meeting once a week.
- Receive a \$20 incentive for completing the program

\*SAYM focuses on prevention & early intervention. Individuals with histories of chronic depression will receive info on appropriate resources.

## Additional Considerations

Priority populations include, but are not limited to, individuals who identify as:



• LGBTQ+



• Transitioning into college



• Runaway or homeless youth



• Currently or previously in the foster care system.

# Mom's Wellness Program

Mamas y Bebés is a program dedicated to helping moms before and after pregnancy who want to build coping skills to manage and explore the joys and stress of motherhood!

Join us for virtual discussions where you will:

- Learn how to deal with stress in a healthy way
- Gain tools to strengthen your relationship with your baby
- Decrease overwhelming feelings and thoughts

Who is eligible?

- All Moms who are pregnant or have children 0-12 months

Are you feeling sad, overwhelmed, exhausted, or just not feeling like yourself?

**Enroll Now with Reach Out at (951) 394-3083 – Stephany Quiroz**



**REACH OUT**  
Strengthening Communities

 **MolinaCares**  
Building Stronger Communities...One Life at a Time

# Free Virtual Presentations



Space is limited, registration is required.

To register, please visit:

<https://forms.gle/M31fLx7QvJPLQoVvk9>

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. Available in English and Spanish.



## 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. Available in English and Spanish.



## 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. Available in English and Spanish.



## 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. Available in English and Spanish.

*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/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 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. Disponible en Inglés / Español



## Salud Mental 101

Esta 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. Disponible en Inglés / Español.



## Auto-Cuidado y Bienestar

Esta 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. Disponible en Inglés / Español.



## Reconozca las Señales

Esta 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. Disponible en Inglés / Español.

*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.*



# Please join us

Inland Empire Health Plan (IEHP) is pleased to partner again with WPATH Global Education Initiative to bring you didactic sessions along with a two-day Live Foundations training, being held virtually **July 15 - September 9, 2021**.

IEHP is happy to **supplement** your registration fee for this accredited course, attendees only pay **\$75** for the two-day, 15.25 credit hour course. In addition to the reduced rate, you will participate in IEHP-exclusive livestreamed case discussion panels and live Q&A panel.

**COURSE OBJECTIVE:** The Foundations Course is intended for Providers of all experience levels and from all specialties in the implementation of the WPATH Standards of Care. This course focuses on the importance of an interdisciplinary care team approach and cross-specialty foundational knowledge – what all Providers should know about gender development, mental health considerations, legal, policy and ethical issues, primary care and preventative health, puberty blockers and hormonal treatment, surgical overviews, and much more.

**CONTINUING EDUCATION:** Please see the Learner Notification by accessing the link below to learn more about the CEUs available: <https://tinyurl.com/CEUinfo>

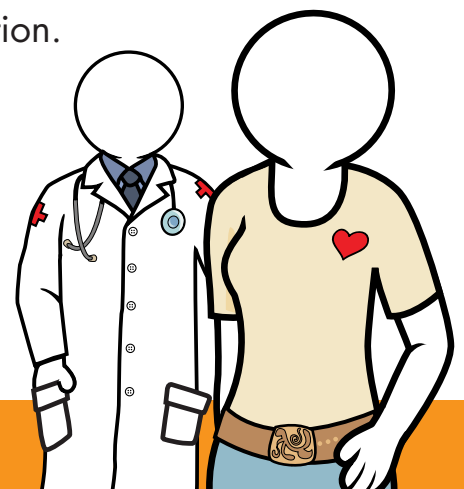
## REGISTRATION & COST:

The cost of attendance for the course is **\$75 for all attendees**. IEHP is subsidizing the balance of the training costs for its Providers.

### COURSE OUTLINE – What to Expect

- Register an account (if you do not already have one) at [www.wpath.org/register](http://www.wpath.org/register)
- Once you have an active account, **register for the course by clicking this link**.
- Watch the didactic (pre-recorded) sessions prior to August 19. Link to the meeting platform will follow completion of your registration.
- Attend three livestreamed sessions to complete the course.

**PLEASE REGISTER ASAP** to give yourself the most time to watch the pre-recorded sessions. If you have any questions, please do not hesitate to contact IEHP Independent Living and Diversity Services at **(909) 890-5136**.





# Bienestar de Salud Mental a tu Alcance



## Toma mi Mano

Toma mi Mano es un servicio de chat en vivo. Nuestro chat en línea es una plataforma virtual anónima que te permite tener un lugar seguro para expresar tus pensamientos y tus luchas.

Los Especialistas de Apoyo de Pares y nuestro otro personal te recordarán que tienes un valor social y que no estás solo. Entonces, en esos días oscuros en los que parece que no hay salida, en esos momentos de ansiedad en los que piensas que los demás no te entenderán, únete a nosotros en el chat en vivo en [TomamiMano.co](https://TomamiMano.co)

Si tienes 16 años o más, aquí, tu puedes asociarte con un Especialista en Apoyo de Pares, que ha superado sus propias dificultades y está aquí para escucharte, a unas pocas teclas de distancia.

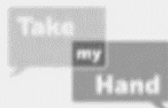
## Objetivos

- Entorno anónimo y seguro para que las personas compartan de forma segura.
- Incrementar el propósito, la pertenencia y la conexión social de las personas que reciben este servicio.
- Detectar y reconocer los desafíos de salud mental cuanto antes.
- Aumentar el acceso al nivel adecuado de apoyo y atención de tu salud.

- ✓ Chatea en línea con un especialista en apoyo de pares de forma gratuita.
- ✓ Accede desde cualquier lugar. Computadora portátil, teléfono, tableta o quiosco.
- ✓ 1 a 1 apoyo de pares con personas reales. Sin bots.



- ✓ Accede a recursos locales con nuestra guía de recursos en línea.
- ✓ Acceso anónimo a servicios para reducir el estigma.
- ✓ Asóciate con un especialista en apoyo de pares para llegar a nuevas soluciones a un desafío.



¡Visite [TomamiMano.co](https://TomamiMano.co)  
y recibe apoyo de chat hoy!

ayuda @  
la mano.

TU CONEXIÓN AL CUIDADO



Toma

mi

Mano



Chat en Vivo

¡Parece que  
estás mucho  
mejor!

¿En Verdad? Tomé tu  
sugerencia y platiqué con un  
compañero de apoyo en  
<https://TomamiMano.co>

Lunes a Viernes: 8am-5pm

16 años o más

ayuda @  
la mano™

TU CONEXIÓN AL CUIDADO

 Riverside  
University  
HEALTH SYSTEM  
Behavioral Health

Take

my

Hand



Live Peer Chat

Sure seems like  
you're doing  
better!

Right?! I took your  
suggestion and chatted  
with a Peer at  
<https://TakemyHand.co>



Mon-Fri 8am-5pm

Age 16 and over

help @ hand™

CONNECTING PEOPLE  
WITH CARE

Riverside  
University  
HEALTH SYSTEM  
Behavioral Health

Take

my

Hand

# Take My Hand

Take My Hand is a Live Peer Chat Service. Our online chat is an anonymous virtual platform that allows you to have a safe place to express your thoughts and your struggles. Our peers and staff will remind you that you have social value and you are not alone. So, in those dark days when it seems that there is no way out, in those moments of anxiety when you think that others will not understand you, join us in live chat at [TakeMyHand.co](https://www.TakeMyHand.co)

Here, you can partner with a peer support specialist, who has walked through their own struggles and is here to listen to you, just a few keystrokes away.

## Objectives

- Anonymous, safe environment for individuals to share safely.
- Increase purpose, belonging and social connectedness of individuals served.
- Detect and acknowledge mental health challenges sooner.
- Increase access to appropriate level of support and care.



Chat online with a peer support specialist for free.



1 on 1 peer support with real people. No bots.



Access to local resources with our online resource guide.



Anonymous access to services to reduce stigma.



Access from anywhere. Laptop, phone, tablet or kiosk.



Partner with a peer to arrive at new solutions to a challenge.



Visit [TakeMyHand.co](https://www.TakeMyHand.co) and receive chat support today!



# Community resources at your fingertips

## LINKING YOU TO RESOURCES NEEDED

**Connect IE** is a **FREE** one-stop website that makes it easy to find community resources you need – like food, health care, job training, and more. You can access **Connect IE** on your own using your laptop, desktop computer or smartphone.

### How **Connect IE** works

Visit [www.ConnectIE.org](http://www.ConnectIE.org) to find resources in your area. Just enter your city's name in the search bar on the main page and then choose a category. Click on the resource you want, such as housing advice, vision care or health education.

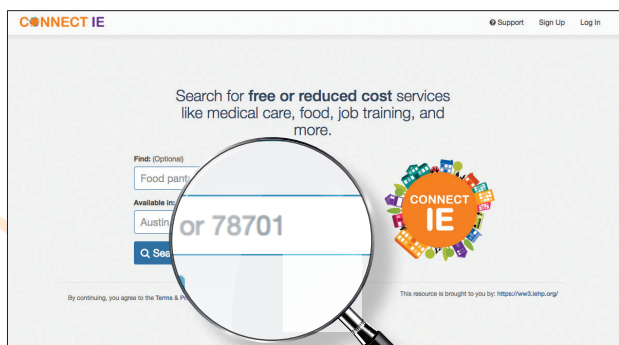
### Resources you can find

- Food pantries
- Housing
- Transportation
- Educational resources
- Job training
- And many more!

### Ways **Connect IE** helps you

- Search trusted resources in your local community anytime
- Find resources needed to take control of your health
- Use **Connect IE** nearly anywhere

**To learn more, visit  
[www.ConnectIE.org](http://www.ConnectIE.org).**





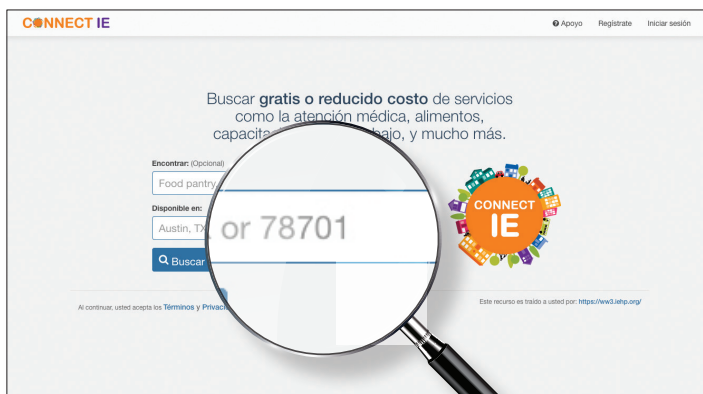
# Recursos para la comunidad al alcance de su mano

## LE PONEMOS EN CONTACTO CON LOS RECURSOS QUE NECESITA

**Connect IE** es un sitio web integral y **GRATUITO** que le permite encontrar fácilmente los recursos de la comunidad que usted necesita, como alimentos, atención médica, capacitación laboral y más. Puede ingresar a **Connect IE** desde su propia computadora de escritorio, computadora portátil o smartphone.

### Cómo Funciona **Connect IE**

Visite **www.ConnectIE.org** para encontrar los recursos en su área. Simplemente ingrese el nombre de su ciudad en la barra de búsqueda de la página principal y luego elija una categoría. Haga clic en el recurso que desea, como consejos sobre vivienda, cuidado de la vista o educación para la salud.



### Algunos recursos disponibles

- Despensas de alimentos
- Vivienda
- Transporte
- Recursos educativos
- Capacitación laboral
- ¡Y muchos más!

### Maneras en que **Connect IE** le puede ayudar

- Encuentre recursos confiables en su comunidad local en cualquier momento
- Busque los recursos que necesita para tomar el control de su salud
- Use **Connect IE** casi en cualquier lugar

**Para más información, visite [www.ConnectIE.org](http://www.ConnectIE.org).**

