

*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 un-served 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.*
- *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 ♦ Vol. 2 ♦ Issue 1 ♦ July 2018

## 5 Tips to Promote Social-Emotional Health Among Young Children



1. **Praise.** Catch your child being good! Praise your child often for even small accomplishments such as playing nicely with brothers or sisters, helping to pick up toys, waiting her turn or being a good sport.
2. **Play.** Talk with your child, tell stories, sing and make rhymes together. It is especially important to try and reconnect for a few minutes after separations. Include some type of regular physical activity such as a walk or bike ride around the neighborhood.
3. **Connect.** Make time for a routine that includes regular family meals, when parents and children can sit and talk about their day together. Play the “high-low” game by taking turns sharing the best and not-so-good parts of the day.
4. **Don't give in, but forgive quickly.** Be consistent with limits for your child and enforce a rule with supportive understanding. Encourage learning from mistakes so that they do not happen again. Try giving choices when your child is oppositional (e.g., Would you like me to carry you upstairs to bed or would you like to walk?)
5. **Work through feelings.** Everyone experiences anger and stress! Help your child to find acceptable ways of working through these feelings. It is okay to be mad but never okay to hit anyone or destroy property.

**Please visit [www.Up2Riverside.org](http://www.Up2Riverside.org).**

Information courtesy of the American Academy for Pediatrics [www.aap.org](http://www.aap.org).

# Program Spotlight

## SNAPSHOTS

### Strengthening Families Program Graduation



Families gather at the end of program to celebrate completing SFP

### Family Time



Families have an opportunity to engage with one another during meal time to discuss successes and challenges experienced during the day.

## Contact Information

### Serving Desert Hot Springs

#### **Latino Commission**

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Program Director  
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Email:

csalcido@latinocommission.com

### Serving Riverside

#### **MFI Recovery**

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Program Director  
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### Serving Lake Elsinore

#### **MFI Recovery**

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## Strengthening Families Program (SFP)

SFP includes evidence-based practices designed to connect families with services to address the needs of families with children from the ages of 6-11 years old. The focus of the weekly workshops is to build positive parenting practices, and address symptoms of trauma. The project aims to increase protective factors and reduce risks associated with the development of mental health problems. SFP's goals include strengthening parenting skills, building family strengths, enhancing youth's school success, and reducing risk factors for behavioral, emotional, and social problems in high-risk children (those from communities that are under served, low-income, exposed to violence, trauma, and other stresses).

SFP consists of classes scheduled once a week for 14 weeks, about two hours per session. Each session begins with a meal provided by the SFP program to allow families to practice healthy family communication and routines, after which the families break out into caregiver and child groups. The caregiver's group focuses on effective parenting strategies, management of behavior, and enhancing caregiver-child relationship. The children's group focuses on social skills, coping skills, and healthy communication. The session concludes with the caregivers and children coming together to practice their learned skills. The SFP staff works to facilitate and encourage families to utilize their strengths to improve each family's dynamic. The program cycle concludes with a graduation ceremony that focuses on the family's accomplishment, growth and commitment to the family relationship bond.

## Success Stories

*"I would definitely recommend this course to other families. They give good recommendations to educate our children better. Personally it has helped me analyze myself better and change a lot about myself to better help my son." - Parent*

*"I loved the way they presented each topic. We always left satisfied and motivated, we got to know each other better as a family. It was a great pleasure coming to each session. Excellent program. A thousand thanks to everyone! Coordinator, facilitators, and volunteers." - Parent*

95% of the participants were satisfied with the program and group leaders. 98% of the participants reported they would recommend this course to others.

# Partners in Increasing Awareness



### 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)



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)

# May is Mental Health Month

May is a month dedicated to help raise awareness about mental health issues, promote good mental health practices, and encourage people to support others around them.



## MENTAL HEALTH ANNUAL WELLNESS & RESOURCES FAIRS

Various mental health agencies in the community attended the events, one in each region of our county, to provide community members with resources and services. It was a fun filled day with food, games and prizes. Operation Safe House-Cup of Happy (left) demonstrated their efforts to involve the community by asking community members what they would do to help a friend who was experiencing suicidal thoughts at the Riverside event in Fairmont Park on May 24

## MHSA STAKEHOLDER FORUMS #MHSATALKS

The stakeholder forum offered community members an opportunity to give feedback about the MHSA programs in Riverside County, get questions answered, and voice their needs. PEI's Staff Development Officer, Diana Griffis, informed the audience about Riverside County's Triple P Program (right).



## CHILDREN'S MENTAL HEALTH AWARENESS FAIR

National Children's Mental Health Awareness Day seeks to raise awareness about the importance of children's mental health and to show that positive mental health is essential to a child's healthy development from birth. The PEI mobile mental health unit (left) educated families at RUHS-BH's Myers complex at the May 3rd event.

## KNOW THE SIGNS

PEI's Social Service Planner, Valeria Bordes, reached out to local businesses, such as Augie's Coffee House (right) and Simple Simon's Bakery & Bistro, to promote suicide awareness and prevention. Both establishments were supportive in posting the KNOW THE SIGNS campaign posters and distributing coffee sleeves with messages of suicide awareness and prevention.



## GREEN RIBBON WALL

RUHS-BH outpatient clinics participated in the Each Mind Matters activity to spread the theme of "Deeper Connections: From Small Talk to Real Talk." The focus was on strengthening social support networks, which research suggests can contribute to a healthier, happier life. The Main Street Adult Clinic in Corona was one of many clinics that participated (left).

# Directing Change

Directing Change gives an opportunity for youth and young adults to promote mental health, reduce stigma and prevent suicide.



## EACH MIND MATTERS EVENT

Film makers were invited to the Each Mind Matters Directing Change State Wide event at the Ace Hotel in Los Angeles. Many of our film makers from Riverside County were nominated. Congratulations to the Directing Change state wide winners from Riverside County. Watch their inspirational videos on the Directing Change website. <http://www.directingchange.org/films>

### Riverside County State Wide Directing Change Winners

#### Mental Health Matters

##### 1st Place: "Scribbled"

Encore High School  
 Filmmakers: Sophia, Perrin, Isaiah, Zoey & Riley  
 Advisor: Jared Nelson

#### Suicide Prevention

##### 1st Place: " Distant Memories"

Murrieta Valley HighSchool  
 Filmmakers: Jacob Thiel, Kyle Reid & Luke Van Ryzin  
 Advisor: Ella Harrison

#### Suicide Prevention

##### 3rd Place:

"This could have been me"  
 Cup Of Happy  
 Filmmakers: Julio Murillo  
 Advisor: Cheryl Hunter

#### Suicide Prevention, youth and Young Adult

##### 1st Place: "Ob(li)vious"

Riverside Community College  
 Filmmakers: Yasmine Torres & Jazmine Maldonado  
 Advisor: Scott Hernandez

#### Sanamente

##### 3rd Place: " Atrapado"

Martin Luther King High School  
 Filmmakers: Stephen Corley, Connor Nickson, Miguel Vargas & Josh Jordan  
 Advisor: Jamal Garren

#### Sanamente

##### 2nd Place: "Reflexiones"

Boys and Girls Club-San Geronio Pass  
 Filmmakers: : Tyrone Allen & Jesse Garcia  
 Advisor: Shane Arch

#### Through the Lens of Culture

##### 2nd Place: " End the Silence "

Murrieta Valley High School  
 Filmmakers: Ally Muzic & Connor Downing  
 Advisor: Ella Harrison

#### Sanamente

##### 4th Place:

##### "Sanamente Tattoo"

Desert Mirage High School  
 Filmmakers: Jose Chavez, Jose Barragan, Kevin Aguilar, Moises Ramos, Moyses Cisneros, and Abelino Bonito  
 Advisor: Derek Ellingson

#### Animation

##### 4th Place:

##### "It Only Takes one"

Valley View High School  
 Filmmakers: Max Torres, Cameron Gamboa & Alex Duran  
 Advisor: Chris Lorenz



Film maker, Jazmine Maldonado, and Advisor, Scott Hernandez, (pictured above), accepted their award for best Suicide Prevention film in the Youth and Young Adult category for Ob(li)vious at the Directing Change Inland Empire Gala. The gala was held on May 10th, 2018 at the Fox Theater in Downtown Riverside to honor our local filmmakers. Riverside County students had the most film submissions in the state, with a staggering 167 submissions. In attendance were young filmmakers from Riverside and San Bernardino County accompanied by their friends and family, for a total of 711 individuals.

Thank you for all who participated in all of our May is Mental Health events. We hope to see you next year!

## CONNECT WITH US

### PEI COLLABORATIVE

**Location:** 2085 Rustin Ave.  
Riverside CA, 92507

**Date: Wednesday,  
August 29th, 2018  
Time: 12 pm - 2 pm**

Lunch will be served. Please RSVP to ensure we have enough food for all.

Please email: PEI@rcmhd.org

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.

### SOCIAL MEDIA



@RUHSBH



RUHS-BH



#RUHSBH

### PEI Trainings

#### Applied Suicide Intervention Skills Training (ASIST)

2 Day Interactive training course

Learn how to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety.

#### Safe TALK Training

3 hour training course

Learn ways to engage with people who are having thoughts of suicide and connect them with resources.

#### Mental Health First Aid

8 hour training course

Learn risk factors and warning signs of mental illnesses, build understanding of their impact, and learn about common supports.

**If you are interested in attending the ASIST Training or SafeTalk Training please email PEI@rcmhd.org**

### PEI Funding Opportunities

Visit the public purchasing website to learn more about the upcoming funding opportunities.

<http://purchasing.co.riverside.ca.us/Bids/OpenBids/Publicpurchaseopenbids.aspx>

**Coming soon:** Seeking Safety, Mamás y Bebés and the TAY Resiliency Project

To get on our PEI notification list and receive this link, email Diana Brown at [dabrown@rcmhd.org](mailto:dabrown@rcmhd.org)