

*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 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 helps 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](http://Up2Riverside.org)

# P.E.I. Pulse

Quarterly PEI Newsletter ♦ Volume 3 ♦ Issue 2 ♦ June 2020

## BRINGING AWARENESS TO THE MENTAL HEALTH OF OLDER ADULTS

*By: Anita Everett, M.D., DFAPA, Director, SAMHSA Center for Mental Health Services*



Our population is aging. Approximately 75 million Americans will be over age 65 by 2030. Additionally, a 2012 study from the Institute on Medicine found that approximately one in five older adults in the U.S. experience a mental illness, substance use disorder, or both. That ratio, should it still exist in 2030, equates to approximately 15 million people.

Whether it is the 5.7 million adults aged 65 and older who binge drink in the past month, or the 1.5 million adults aged 65 and older who used an illicit drug in the past month according to SAMHSA's 2017 National Survey on Drug Use and Health—including over 7,000 opioid-overdose related deaths in 2016 reported by the CDC—the growing number of older adults with mental health, substance use disorders or both, is likely to have a tremendous impact on the health and wellbeing of our nation. It could also mean that we or someone close to us – a friend, family member, co-worker or neighbor – will be personally impacted.

SAMHSA is focused on improving mental health across the lifespan and has worked with the National Coalition on Mental Health and Aging and the Administration on Aging/Administration for Community Living for over a decade to address the concerns of states, provider organizations, individuals, and families related to the mental health and substance use disorder needs of older adults. SAMHSA recognizes that older adults have needs that require special attention and training in order to provide the best care and treatment.

Aging is a fact of life and it is important for us to focus on healthy aging, including behavioral health issues not only during May, which is both Older Americans Month and Mental Health Awareness Month, but throughout the year.

To read more on this article and to find helpful resources please visit this link: <https://blog.samhsa.gov/2019/05/20/bringing-awareness-to-the-mental-health-of-older-adults>

**Contact Information**

**Agency**

**Riverside County  
Office on Aging  
Care Pathways Program**

(951) 867-3800  
Or

1 (800) 510-2020

**\*\*Pre-registration is Required**

**Participant Feedback**

*"When I started the class I often felt overwhelmed. Realizing how many people are going through the same thing helped. Being able to talk, laugh and even cry with people who understood and were experiencing the same problems and emotions really made a difference."*

**- Participant**

*"I felt this class to be very empowering. Really enjoyed it."*

**- Participant**

*"Attending these classes have been so very helpful in getting through my "new stage of life with my parents". It has given me a huge understanding of what my mom is feeling and going through which has helped be accept her changes. And I recognize that I haven't accepted 100% but I'm on my way and can also help my children. "*

**- Participant**

*"This class has opened my eyes to the many resources there are available. The facilitator has been a great presenter and teacher. Thank you for making this class available. "*

**- Participant**

**PEI Program Spotlight**



**Care Pathways**

*Pictured above from back row from left: Lisa Whitesell, Social Service Practitioner III; Tameka Brandon, Social Service Practitioner III; Sharon Dietzenbach, Office Assistant; Mary Hrinko, Senior Program Specialist; Front row from left Care Pathways facilitators: Karen Armijo; Samica Taylor; and Guillermo Delgado, Program Specialist II*

The Riverside County Office on Aging (OoA) serves as the main gateway for information and referral assistance to seniors countywide, as well as to family caregivers. The OoA provides supportive services through its Family Caregiver Support Program (FCSP). With MHSA Prevention and Early Intervention (PEI) funding, the Office on Aging's **Care Pathways** program has been providing education workshops, in small group settings, for family caregivers since June 2011. Care Pathways is a 12 week, two-hour class series offering education and group support to informal (unpaid) caregivers of a friend or loved one, 60 years of age or older. The program holds scheduled meetings throughout all of Riverside County from Eastvale to Temecula to Blythe and all areas in between. The classes are provided in English and in Spanish, and are offered during the daytime and evenings to accommodate the schedules of working caregivers. Typically the small group workshop series is held in senior or community centers, libraries, churches and other community facilities. The series is held in multiple locations simultaneously and typically begins in January, April, July and October. During the 2020 Stay at Home Orders (Covid19) we are strategizing virtual groups for caregivers to get information and receive the needed support that accompanies isolation.





# MAY IS MENTAL HEALTH MATTERS MONTH

#PEIMay2020 #SanaMente #EachMindMatters



Riverside County joined Each Mind Matters in expressing support for May is Mental Health Matters Month by illuminating the Central Admin. Center in Riverside, Workforce Development Center in Indio and Menifee's City Hall in **lime green**. Riverside, Indio and Menifee all came together to help shine a light on mental health awareness. For more information on this initiative please visit the link below.

<https://www.eachmindmatters.org/movement-moment/shining-a-lime-green-light-on-mental-health/>

## 2020 Riverside County Directing Change Award & Recognition Ceremony



Follow the link below to visit RUHS-BH's YouTube channel to view local Riverside County winning video submissions.  
[https://www.youtube.com/channel/UCehh8wIB2Fu2QkW-g3d4b6Q/videos?disable\\_polymer=1](https://www.youtube.com/channel/UCehh8wIB2Fu2QkW-g3d4b6Q/videos?disable_polymer=1)

Statewide winners can also be viewed on the Directing Change website following the link below:  
<https://www.directingchange.ca.org/films/>

## Activities in Our Community during MiMHM



# 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

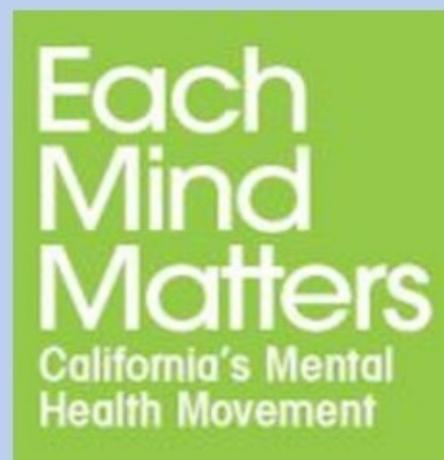
## LIFELINE

1-800-273-8255

### ***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)



## 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.

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)

## CONNECT WITH US

### PEI COLLABORATIVE

#### Location

Zoom Meeting  
<https://us02web.zoom.us/j/85274164588>

#### Date and Time

Wednesday  
July 29, 2020  
12 pm -2 pm

*Grab your favorite lunch and join us virtually, see you there!*

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 Virtual Trainings

**Know the Signs**

**Reconzca Las Señales**

**Mental Health 101**

**Salud Mental 101**

For more information on how you can register for the next virtual presentation, please contact Prevention and Early Intervention (951)955-3448 | [PEI@ruhealth.org](mailto:PEI@ruhealth.org)

## 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>

### Currently Open for Bid:

Building Resiliency in African American Families (BRAAF) Boys Submission Deadline *June 10, 2020*

### Coming soon:

Building Resiliency in African American Families (BRAAF) Girls and Asian / Pacific Islander —Mental Health Resource Center

To get on our PEI notification list and receive this link, email: [diabrown@ruhealth.org](mailto:diabrown@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](mailto: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.

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](mailto:PEI@ruhealth.org)