

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

# P.E.I. Pulse

Quarterly PEI Newsletter ♦ Volume 3 ♦ Issue 4 ♦ December 2020



We would like to thank the community and contractors for their ongoing support and dedication to the PEI work throughout Riverside County. We look forward to continue serving our community and building relationships in 2021.



## How to Thrive – Not Just Survive – the Holiday Season

By: Suzanna Kane

If the sights and sounds of Christmas evoke dread, anxiety or depression, you are certainly not alone. It is likely that many of your friends, family members, co-workers and neighbors experience similar emotions. There's just so much to do — last-minute shopping for gifts and meal items, decorating the home, figuring out tax-saving strategies to implement before the end of the year, determining where to hide the presents so prying eyes won't find them — and on and on. It is enough to make you want to take a break. Here are some tips for getting through the holidays with a minimum of struggle.

### Think ahead.

Whatever it is about the holidays that has you out of sorts, imagine whether that same concern will be bothering you down the road. No matter what it is, you probably will not even recall the gut-wrenching emotions in one or 10 years' time. This helps you build a cushion against mounting anxiety and creates a little space you can use to safely navigate the holidays this year.

### Go small.

Instead of fixating on bigger and larger quantities, make a conscious effort to downsize. This goes for the number of gifts you buy, the number and types of social engagements you accept or invite others to attend, trying to get the very best deal on a much-wanted item and so much more. After all, it is not — or should not be — how expensive or exclusive something is. Concentrate on giving from the heart.

### Stop feeling you have to be perfect.

It does not have to be the party of the year. You do not need to be the host whose event is talked about for months to come. If you can make yourself believe that you do not have to be perfect, you will alleviate a lot of stress and accumulated tension. Your digestion will likely benefit as well, since your stomach will not be tied up in knots over trying to insist on perfection.

### Go away.

This is not a recommendation to tell people to leave you alone. It is, however, a suggestion to incorporate something new into the holiday schedule this year. Instead of going whole-hog decorating the house, going to and hosting nonstop parties and get-togethers, why not consider going out of town for the celebration? Perhaps going away is just what the doctor ordered in order to thrive this holiday season.

### Forgive yourself.

Everyone has regrets. You likely have some as well. If you're beating yourself up for being inconsiderate, not living up to your word, being rude or impatient or mean to others, spending too much money, neglecting your responsibilities, or drinking too much, now is the time for a little self-forgiveness. Your desire to make positive changes actually begins with forgiving yourself. There is no better time of the year to start than right now.

### Watch your diet.

Overindulging in food or drink during the holidays is a surefire way to suffer repercussions later. Not only will you feel remorse, you may have other consequences as a result. By paying mindful attention to what you put into your mouth, you will be doing yourself a huge favor, now and later. To thrive during the holiday season, exercise discretion and make wise choices in food and drink.

### Be grateful.

Finally, this is the season to be thankful. In addition, you have a lot to be grateful for, regardless of how much you have thought about it. You are alive, for one thing. Life is precious indeed. Adopt an attitude of gratitude and you will really begin to thrive this holiday season.

The information above was reproduced from the Psych Central website. Visit the link below to view the "Coping with the Holidays Survival Guide" to help you navigate the holidays the best way possible.

<https://psychcentral.com/holidays/>

# 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)



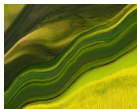
## Building Resiliency and Understanding Trauma

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 / Spanish coming soon.



## Mental Health 101

This 90-minute presentation will focus on:  
Understanding mental health; understanding mental health vs. mental illness; Mental health spectrum; Stigma reduction; Risk and protector factors; Available resources.  
Available in English / Spanish coming soon.



## 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 / Spanish coming soon.



## Know the Signs / Reconozca las Señales

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.

Registration is required.  
To register, please visit:

<http://ruhs-bh-pej.eventbrite.com/>

If you have any questions about these trainings or other trainings Prevention and Early Intervention has to offer please email or call us:  
(951) 955-3448 | [PEI@ruhealth.org](mailto:PEI@ruhealth.org)

*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.*



## 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:

*Prenatal Prevention for Post-Partum depression: Mamás y Bebés*

(Mothers and Babies) Program  
Submission Deadline:  
December 17, 2020

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

Submission Deadline:  
January 21, 2021

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.

## SOCIAL MEDIA



@RUHSBH



RUHS-BH



#RUHSBH

## PEI Collaborative

### Location

Zoom Meeting

<https://ruhealth.zoom.us/meeting/register/tZlkcOGtzkoGtjO1IBFxVRUniU5ahTZj0eh>

### Upcoming Meetings:

December - Dark

March 31, 2021

12:00 pm - 2:00 pm

\*5th Wednesday of the month

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.

## Suicide Prevention Coalition

### Location

Zoom Meeting

### Upcoming Meeting:

January 27, 2021

9:00 am—11:00 am

\*Quarterly Meeting

*Building Hope and Resiliency: A Collaborative Approach to Suicide Prevention in Riverside County* is our local strategic plan designed to eliminate suicide in Riverside County. Join our quarterly meetings to learn how the suicide prevention coalition is bringing the plan into action as well as broaden your knowledge and build expertise in suicide prevention best practices.

For more information on how you can join the Coalition and or to receive the Zoom link please email: [MJacks@ruhealth.org](mailto:MJacks@ruhealth.org)

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)