

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

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

P.E.I. Pulse

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Happy Holidays and a Happy New Year from the Prevention and Early Intervention team



We would like to thank the community and contractors for their ongoing support and dedication to the PEI work through out the county. We look forward to continue serving our community and building relationships in 2019.

Simple Tips for Coping With Holiday Stress



Dianne Grande Ph.D.

Unrealistic expectations are a major cause of holiday stress. They can be too high, such as imagining the perfect family gathering, just the right gifts, or the most stunning decorations. On the other hand, expectations may be too low. There are those among us who unnecessarily expect the worst, causing them to dread their family time, e.g., "Will the aunt who overindulges in alcohol get drunk and create havoc?" "Will everyone be able to set aside differences and get along for at least one day?" There is also the fear of boredom, especially for teens and young adults likely to get caught in conversations of no interest to them. Sadly, there are many who are grieving over the holidays due to the loss of a loved one or the anniversary of a death that occurred in past holiday seasons. For those grieving, a common expectation is that the holiday just "won't be the same" and instead will be miserable. Of course, it cannot be the same, but it doesn't have to be miserable either. A change in expectation might make all the difference.

1. Remember that most families are far from perfect.

Rather than feeling embarrassed by your family's eccentricity, try to embrace it and keep it in perspective. If you have reason to be concerned that the situation will truly get terrible for anyone, try to have a backup plan such as leaving early or separating to take a walk and returning after a break.

2. Change it up.

Try something new and easier. If you are the host for the holiday, simplify the meal plan or ask everyone to pitch in and contribute something. A celebration is always better when the hosts are happy too.

3. Practice gratitude.

Everyone has someone or something to be grateful for. Try not to take anything for granted.

4. Focus on doing what you really enjoy

Likely some of your traditions are meaningful and fun, while others are just done because that's the way it's always been. Consider letting go of the routines that don't really add much to your holiday experience and just add to your exhaustion.

5. Spread out the family visits.

Don't try to visit the whole family on the same day. This can create too much stress for everyone involved, especially if you have young children.

6. Time to relax.

Play with your kids, cuddle your pets, spend some time alone if that's what it takes

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



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

CONNECT WITH US

PEI COLLABORATIVE

Location: 2085 Rustin Ave.
Riverside CA, 92507

Date: Wednesday,
January 31st, 2019
Time: 12 pm - 2 pm

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

Please email: PEI@ruhealth.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



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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.

SafeTALK 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 ASIST, SafeTALK, or MHFA 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](http://purchasing.co.riverside.ca.us/Bids/OpenBids/Publicpurchaseopenbids.aspx)

Coming soon:

TAY Resiliency Project

To get on our PEI notification list and receive this link, email PEI@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