IS LOVE ALL YOUR CHILD NEEDS TO BE HAPPY?
We know that unconditional love is critically important to ensure healthy development, and parents can express it differently from infancy to middle childhood. Let's explore what it looks like at each stage.

Whether someone is experiencing a mental illness, substance use disorder or both, they need your help and support. Learn how to support someone on their road to recovery or link up for resources. For more information, visit: Up2Riverside.org

**Stage 1: Infancy to Early Childhood**
In early infancy years, everything is about trust and safety. Consistency and stability are requirements for learning that basic survival needs will be fulfilled. Alleviating hunger, assuring physical safety and comfort, and forming an emotional connection with a dependable caregiver are all akin to survival. An infant that learns to trust that he or she is safe and well cared for will be better equipped both emotionally and in terms of brain development to learn the next set of lessons to enhance future happiness.

**Parenting strategy for Stage 1:** In this first stage of your child’s development, make sure that his or her basic needs are consistently fulfilled. This will establish trust between you and will teach your child to depend on you to meet his or her needs.

**Stage 2: Early Childhood to Middle Childhood**
As your child develops language, the ability to communicate through speech, reading and writing greatly facilitates his or her understanding of how things work. Love at this stage can be demonstrated through acknowledgement and letting your child know that he or she is heard, while also helping him or her learn to delay gratification.

As your young child continues to grow, talking, reading and singing to your child will develop not only his or her readiness for formal education, it will also impart a sense of mastery over the world that awaits. Communication skills, both verbal and nonverbal, are building blocks for emotional intelligence, including empathy, balanced relationships, self-discipline and learned optimism.

**Parenting strategy for Stage 2:** In the second stage of development, acknowledge your child’s needs and wants, and teach gentle lessons about delayed gratification while helping to build communication skills.

Kids who have a positive outlook on life and believe they are valued unconditionally, not because of what they may have accomplished, are destined for greater joy and enthusiasm for life. Teaching these lessons early on will give your child a head start on growing into a happy, healthy adult. To read additional mental health blogs, visit eachmindmatters.org. For local resources about children’s mental health, visit www.Up2Riverside.org

By David A. Young, PhD, MPH
BRAAF includes 3 evidence-based practices designed to wrap families with services to address the needs of middle school age African American boys, 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. Goals for the project include increasing positive cultural identity for youth and their caregivers, increase in resiliency traits, and the reduction of depression and trauma symptoms.

The heart of the project is the Africentric Youth & Family Rites of Passage Program, developed by Dr. Aminifu Harvey and is based upon Ma’at and the Nguzo Saba. Ma’at, an ancient Egyptian word, means an ethical way of life (Karenga, 1990). The goal of the BRAAF program is empowerment of black male adolescents through a nine-month rites of passage program. BRAAF serves boys ages 11 to 14 years in an after school program that meets for 3 hours per day/ 3x per week. New this year, an expansion of the BRAAF program, a girls pilot project that includes the same elements as the boys program. The program provides a multifaceted, therapeutic program to youth groups. The program includes two retreats and multiple outings throughout the year and a family-style meal cooked and served by the youth each day. An initiation ceremony takes place after the first 8 weeks of programming and the program concludes with a graduation ceremony to an audience of family and community members signifying the youth having successfully completed the passage from boyhood to manhood.

After each module is completed, the youth develop topic-related projects, such as the production of culturally oriented T-shirts, anti-substance abuse buttons, videotapes, and concerts. Thus, the youth have a tangible product that signifies their learning experience as a group.

The BRAAF program stresses parent and caretaker involvement. Family enhancement and empowerment buffet dinners are held monthly. The objectives of the dinners are to empower adults to advocate on behalf of their families and to work toward community improvement. Additionally, Guiding Good Choices, a 5-week parent class is included followed by ongoing parent support groups available.

Another component focuses on clinical intervention and case management. This can be accomplished through the use of tailored Cognitive-Behavioral Therapy in the form of individual, group, and/or family intervention. Additionally, clinicians assess each youth for symptoms of post-traumatic stress disorder. Youth who meet the criteria are offered the Cognitive-Behavioral Intervention for Trauma in Schools (CBITS) group treatment.
Partners in Increasing Awareness

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.

**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

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
PEI Pulse is published by the Prevention and Early Intervention Program of Riverside University Health System – Behavioral Health. Please direct inquiries to JJHazelton@rcmhd.org

Get Connected

COMMUNITY EVENTS

Active Minds empowers students to change the perception about mental health on college campuses by reducing stigma and increasing mental health awareness. Active Minds hosts a traveling exhibition that brings awareness to suicide on college campuses.

Suicide claims the lives of more than 1,000 college students each year. Get help. Give Help. Save a Life.

Send Silence Packing

REGION: Desert
LOCATION: College of the Desert
43-500 Monterey Ave.
Palm Desert Ca 92260
DATE: Thursday, April 19th
TIME: 10am-4pm

REGION: Western
LOCATION: Riverside City College
4800 Magnolia Ave
DATE: Tuesday, April 24th
TIME: 10am-4pm

REGION: Mid-County
LOCATION: Mt San Jacinto College-Menifee
28237 La Piedra Rd. Menifee 92584
DATE: Thursday April 26th 2018
TIME: 10am-4pm

May is Mental Health Month events are annual wellness and resource fairs hosted to link community members to mental health resources and services. Join us for a fun filled day with games, food and raffles.

May is Mental Health Month Events

REGION: Mid-County
LOCATION: Perris City Hall, Front Lawn 101 N D St.
DATE: May 5th
TIME: 11am-3pm

REGION: Desert
LOCATION: Taj Majal Building,
Riverside County Fairgrounds
82-503 Hwy 111, Indio, California 92201
Enter at Gate 4 off of Arabia Street
DATE: May 8th
TIME: 11am-3pm

REGION: Western
LOCATION: Fairmount Park
2241 Market St
Riverside, CA 92501
DATE: May 24th
TIME: 1pm-5pm

The Community Mental Health Promotion Program has been released and available for review at: www.publicpurchase.com. The deadline for questions is 4/2/18. The deadline to submit proposals is no later than 1:30 p.m. on 5/3/18.

CONNECT WITH US

PEI COLLABORATIVE

Location: 2085 Rustin Ave.
Riverside CA, 92507
Date: May 30th, 2018
Time: 2 pm-4 pm
To RSVP or for questions please contact: JJHazelton@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.

SOCIAL MEDIA

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FUNDING OPPORTUNITY

May is Mental Health Month