

WHAT IS A PARENT PARTNER?

As **Parent Partners**, we are parents or caregivers who are primarily responsible for raising a child or children with behavioral or emotional challenges. We have learned to navigate the system and establish successful outcomes for our children. Our role as Parent Partners is to support other parents so they can develop resilience and progress towards recovery.

Parents who have had to navigate multiple services, such as Behavioral Health, Special Education, juvenile justice systems, and other community services, have experienced the barriers and challenges associated with seeking help for their children and families. They understand the energy, perseverance, and commitment required to receive the necessary support.

Parent Partners often establish a strong bond with other parents because they connect, trust, listen, and share similar experiences related to a child or youth they love. This relationship reduces isolation and instills hope, which is often a first for many parents. In addition to mentoring and relationship building, Parent Partners provide vital information and resources. This enables parents to become better advocates for their children.

HELPLine

HELPLine is a free, confidential crisis/suicide intervention service available 24 hours a day, seven days a week.

951-686-HELP

CARES Line

CARES Line is a free resource line to be connected to mental health services.

800-499-3008

Parent - to - Parent Warm Line

888-358-3622

 **Riverside University**
HEALTH SYSTEM
Behavioral Health

ruhealth.org

3125 Myers Street,
Riverside, CA 92503
951-358-5862

Office Hours:

Mon-Thurs: 8:00 AM - 5:00 PM

Fri: 8:00 AM - 4:30 PM

*This information is available in other formats upon request.
If you need a reasonable accommodation, please contact Parent Support and
Training at (951) 358-5862.
Rev.2.21.24*



PARENT SUPPORT & TRAINING PROGRAM

HOW CAN PARENT SUPPORT & TRAINING HELP?

Parent Support & Training is a program that operates across the county, offering a range of community-based services. These services include:

- Individual support to parents/caregivers
- Assistance for families in finding Behavioral Health & community resources
- Parent-to-Parent Support Groups
- Community Outreach
- County-wide resources
- Parenting Classes and Trainings
- Volunteer Opportunities for Parents & Youth



All of our services are available **free** of charge to parents and caregivers in Riverside County. Our Parent Support & Training program is funded by the Mental Health Services Act (MHSA). For more information, please contact us at 951-358-5862.

SUPPORT GROUPS

EES (Educate, Equip & Support) is an educational program for parents and caregivers who are raising children or youth with mental health or emotional challenges. The program provides general education about children's mental health challenges, peer-to-peer support among parents, and community resources.

Open Doors is a support group that aims to assist parents and caregivers who are raising a child or youth with mental health, emotional, or behavioral challenges. Our primary objective is to provide a safe space where parents and caregivers can share their experiences, receive support, obtain information, solutions, and resources, and have the opportunity to vent. We also offer training, workgroups, and special topics to our members.

REGISTER FOR SUPPORT GROUPS

bit.ly/PSTPsupport



PARENTING CLASSES

The Positive Parenting Program, also known as Triple P and Teen Triple P, offers easy-to-follow routines that can significantly impact your family. It helps you comprehend how your family functions and encourages you to use your existing thoughts, feelings, and actions in new ways.

safeTALK training prepares you to help by using TALK (Tell, Ask, Listen, and Keep Safe) to identify and engage people with thoughts of suicide and to connect them with further help and care.

Mental Health First Aid - Youth is an 8-hour training that introduces participants to unique risk factors and warning signs of mental health problems in adolescents, builds an understanding of the importance of early intervention, and teaches individuals how to help adolescents in crisis or to experience a mental health challenge.

The Nurturing Fathers Program is a 13-week course designed to teach parenting and nurturing skills to men. This evidence-based program provides proven and effective skills for healthy family relationships and child development. Each class lasts 2.5 hours and teaches participants the secrets for creating safe, loving, stable, and nurtured families.

Nurturing Parenting will help you better understand your role as a parent—help in strengthening your relationship and bond with your child. Learn new strategies and skills to improve your child's concerning behavior. Develop self-care, empathy, and self-awareness.

Incredible Years is an evidence-based early intervention parenting program focused on strengthening parenting competencies and fostering parent involvement in children's school experiences to promote children's academic, social, and emotional skills and reduce conduct problems.

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