



PEI PULSE

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RIVERSIDE UNIVERSITY HEALTH SYSTEM - BEHAVIORAL HEALTH (RUHS-BH)
PREVENTION AND EARLY INTERVENTION (PEI) NEWSLETTER



LATE-LIFE DEPRESSION PREVENTION

There is a common misconception that depression is a normal part of getting older, but there is no reason to accept depression when there are research backed ways to keep depression at bay.

SOCIAL ENGAGEMENT

Isolation is a key predictor of suicide in older adults and can create the conditions for depression to occur in adults who are not already depressed. Volunteering, attending church, or just having a regular get-together with friends or family can improve mood and provide a sense of purpose. Local senior centers can be a valuable resource for social events and activities.

TREATMENT ACCESS

The shortage of geriatric psychiatrists puts primary care providers (PCP) on the front lines of mental health for older adults, which can pose challenges for PCPs who may not be comfortable prescribing aggressive treatment for mental health problems. Still, PCPs have a unique opportunity to engage with their patient's mental health because of their high trust in their PCP. Older adults are often reluctant to talk about depression due to stigma, so routine screening at regular intervals is crucial to prevention and treatment.

EXERCISE

The research literature is clear that exercise is important for both physical and mental health. Older adults risk becoming sedentary due to chronic pain and reduced mobility, but even short walks or gentle exercise, such as chair yoga or water exercise, can help prevent depression. Most gyms and local YMCAs have reduced-cost programs specifically designed for older people. Walking, even if just around the block, can be of benefit.

PHYSICAL HEALTH

Common diseases of late-life, particularly cardiovascular disease (CVD), stroke, and diabetes, increase the risk of depression in older adults. This risk decreases when these conditions are well-treated and patients are compliant with their medication regimens. Complicating matters further is the fact that depression makes patients less likely to stick to their medication schedules and get appropriate treatment for their chronic conditions (ref). Obstructive Sleep Apnea (OSA) is a common disorder that decreases levels of oxygen in the brain, and accordingly can both cause depression and make it less likely that first-line treatments will be effective. Taking care of physical problems in a timely manner is an important tool in fighting depression.

SLEEP HYGIENE

Many older adults find it difficult to maintain a healthy sleep schedule. Observing proper sleep hygiene by going to bed at a set time each night, limiting electronics, alcohol and caffeine before bed, and getting sunlight during the day can help get sleep back on track.

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**Riverside
University**
HEALTH SYSTEM
Behavioral Health
Prevention and Early Intervention

PROGRAM SPOTLIGHT

Program To Encourage Active Rewarding Lives (PEARLS)



The Program to Encourage Active Rewarding Lives (PEARLS) is a depression prevention program for older adults, 60 years and older. This program aims to help older adults combat symptoms of depression and increase social, pleasant, and physical activities. The model uses two strategies to help with this—Problem Solving Treatment (PST) and Behavioral Activation. There is a great deal of research that shows that depression in older adults is highly linked to unsolved problems and lack of engagement in activities. The PEARLS program is an active, participant-driven model, that teaches participants how to effectively solve problems and get more active. PEARLS is currently provided in Riverside County by Inland Caregiver Resource Center (ICRC) and is offered countywide. Services are provided in English and Spanish. Sessions with PEARLS Coaches can be held in-person (in a location of comfort to the participant) or virtually upon request.

To watch the interview with Harvard Public Health featuring our western region coach, Joel Hernandez, "Coaching for Older Adults with Depression," visit: <https://harvardpublichealth.org/event/pearls/>

PEARLS: Program to Encourage Active, Rewarding Lives

- Helps adults over the age of 65 build skills to manage and reduce feelings of isolation and depression
- Encourages engagement in activities that bring joy
- Brings trained coaches to participant homes or to their communities
- Works with community partners to improve access
- Comprises 6 to 8 sessions over 4 to 6 months

PEI FUNDING OPPORTUNITIES

INTERESTED IN DOING BUSINESS WITH RIVERSIDE COUNTY?

Visit the public purchasing website to learn more about the upcoming funding opportunities and register as a vendor:

www.publicpurchase.com

To get on our PEI notification list and receive this link, email DAGutierrez@ruhealth.org.

SEEKING MENTAL HEALTH PRACTITIONERS

The Riverside County Suicide Prevention Coalition, funded through MHSA, Prevention and Early Intervention, is seeking qualified licensed mental health practitioners to provide bereavement counseling services to survivors of suicide loss. Practitioners will provide short-term, low-intensity, early intervention services to decrease subsequent suicide risk by survivors of suicide loss. To apply Visit <https://www.rivcospc.org/> or Scan the QR Code:



PARTNERS IN INCREASING AWARENESS



Suicide is Preventable -- *Know the signs*

- Talking about wanting to die.
- Looking for a way to kill oneself.
- Talking about feeling hopeless/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.

To learn more, visit suicideispreventable.org.

CRISIS TEXT LINE

TEXT CONNECT TO 741741

HELPLINE

951 - 686 - HELP (4357)

SUICIDE AND CRISIS LIFELINE

800 - 273 - 8255 or 988



Each Mind Matters is now Take Action for Mental Health

Take Action for Mental Health is an evolution of the Each Mind Matters (EMM) campaign. Over the last decade, EMM has had a positive impact on reducing stigma of mental illness and increasing awareness of mental health needs and resources. Take Action for Mental Health builds on this progress and asks Californians to take action to support ourselves and the people we care about. To learn more, visit www.takeaction4mh.com.

The California Mental Health Services Authority (CalMHSA)

CalMHSA is a Joint Powers Authority formed by California counties and cities, focused on the efficient delivery of mental health services and resources. The MHSA PEI component was designed to increase awareness of and access to mental health services, reduce the negative impacts that mental illness can have on a person's well-being, reduce stigma, and prevent suicide. To learn more, visit www.calmhsa.org.



FREE PRESENTATIONS

Building Resiliency and Understanding Trauma is a 2-hour presentation that focuses on understanding and defining trauma and its impact on the brain. Topics include Child Traumatic Stress (CTS), Adverse Childhood Experiences (ACEs), and Adverse Community Experiences and Resilience. Disponible en Español bajo petición.

Mental Health 101 is a 1.5-hour presentation that focuses on mental health issues, stigma reduction, risk and protective factors and local mental health resources. Disponible en Español bajo petición.

Self-Care and Wellness is a 2-hour presentation focused on understanding how stress affects you psychologically, spiritually, interpersonally and physically. Strategies learned help attendees manage stress and build resiliency. Disponible en Español bajo petición.

Know the Signs Presentations is a 2-hour presentation focuses 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. Disponible en Español bajo petición.

Applied Suicide Intervention Skills Training (ASIST) is a two-day workshop that equips participants on how to properly respond to someone at risk of suicide. Just as "CPR" skills make physical first aid possible, training in suicide intervention develops the skills used in suicide first aid.

SafeTALK is a 3-hour in-person class that teaches participants how to recognize someone who is having thoughts of suicide and how to connect them to resources.

Mental Health First Aid teaches participants how to support someone developing signs and symptoms of a mental illness or in an emotional crisis.

To register, please visit the link below or scan the QR code.
<https://www.ruhealth.org/behavioral-health/pei-community-education>

For questions, please call 951-955-3448 or email PEI@ruhealth.org.

These trainings are made possible by RUHS BH PEI and funded through the Mental Health Services Act.



CONNECT WITH US

 @ruhsbh

 @rubsbh

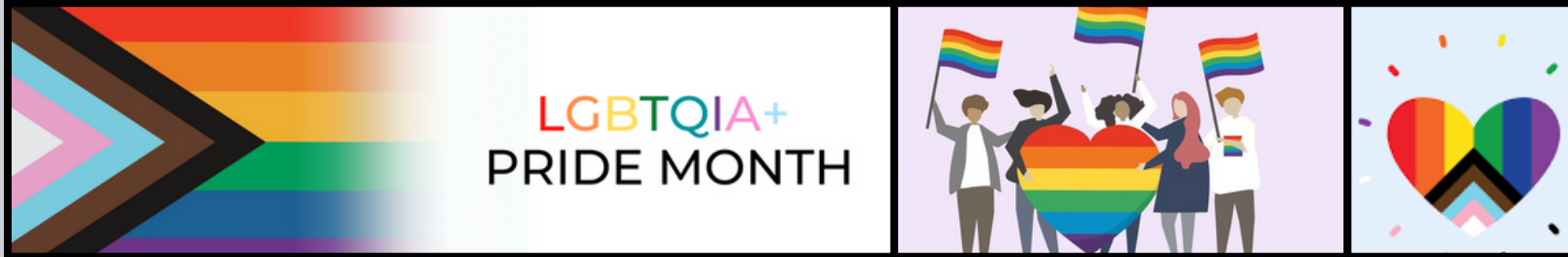
 @RUHSbh

RUHS BH PEI SEEKS 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 with relatively low intensity and relatively short duration (less than one year).

To learn more, please visit:
www.ruhealth.org/behavioral-health/prevention-early-intervention.

EVENTS



LGBTQ+ Pride Month, often shortened to Pride Month, is a month, typically June, dedicated to celebration and commemoration of lesbian, gay, bisexual, and transgender pride. Embracing one's identity wholeheartedly contributes significantly to one's overall mental health. Positive identity formation, which comes from a place of self-love and acceptance, can lead to improved self-esteem, decreased anxiety and lower instances of depression.

SUICIDE PREVENTION COALITION QUARTERLY MEETING



PLEASE JOIN US

**Wednesday, July 24, 2024 | 9 a.m. to 11:30 a.m.
Pacific Time (US and Canada)**

Register in advance for this meeting:
<https://ruhealth.zoom.us/JulyQM>



Scan the QR Code to register or
Visit <https://www.rivcospc.org/>
for more information

After registering, you will receive a confirmation email containing information about joining the meeting.
Quarterly meetings will be held via Zoom.

PEI COLLABORATIVE



PLEASE JOIN US

Wednesday, August 28, 2024 | 12:00 PM Pacific Time (US and Canada)

Register in advance for this meeting:
<https://ruhealth.zoom.us/PEICollaborative>



Scan the QR Code to
register

After registering, you will receive a confirmation email containing information about joining the meeting.
Quarterly meetings will be held via Zoom.



**WORLD ELDER ABUSE
AWARENESS DAY**

Building Strong Support for Elders

**WORLD ELDER ABUSE AWARENESS DAY IS ON
JUNE 15TH**

It's a call to action for everyone to contribute to a culture of compassion and protection for the aging population.