

**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)**

[PEI Website](#)

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

# P.E.I. Pulse

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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 2023.



## Building Your Resilience With Self-Care

Resilience is the ability to adapt well in the face of adversity, such as when you may be experiencing personal or family issues, a serious health concern, work stress, money worries, or other difficulties. It's the ability to bounce back from challenges. One of the key ways to build resilience is to focus on self-care. "Taking care of yourself," writes the American Psychological Association, "helps to keep your mind and body primed to deal with situations that require resilience."

Here are six ways to take care of yourself to help build your resilience.



- **Pay attention to your physical self-care:**

**Make exercise a priority.** This is especially important during challenging times. Try to get a minimum of 30 minutes of exercise that makes you breathe harder on all or most days of the week, whether it's walking, swimming, biking, working out along with an exercise video, or even doing vigorous chores at home.

**Follow a healthy diet.** Avoid junk food and fast food. Limit how much alcohol you drink; over time, it depletes your energy and resilience.

**Follow good sleep practices.** Establish a bedtime routine and try to stick to it. It can be as simple as listening to soft music, drinking a cup of herbal tea, turning off your electronic devices about an hour before you go to bed, or taking a bath and then turning out the lights at the same time every night. Try not to watch programs or shows that are disturbing or too stimulating, as it may then be difficult to turn off your brain. Try to unload what's on your mind before you go to bed.



- **Reframe how you view problems and challenges:**

A key element of resilience is your perception of an event, according to the Columbia University psychologist, George Bonanno, who has been studying resilience for 25 years.

**Reframe a difficult experience.** Reframing means changing the way you think or "talk" to yourself about a stressful event. Instead of saying "I will never get through this," you might try a more positive and realistic thought such as, "I will get through this by using the techniques that have helped when I've had difficult experiences in the past, including asking others for help and finding strength in my community."

**Remember that stressful events usually provide opportunities to learn and grow.** Try to identify these, so they can help you in the future. For example, if you are dealing with significant financial concerns, try to understand the things that contributed to your situation and what you could do in the future to avoid repeating the same mistakes (i.e. fewer credit cards, not carrying a balance, making a budget, etc.)





- **Build your emotional resilience:**

**Learn from others who are role models of resilience.** Think about other people you know and admire who are resilient, whether they are public figures or people you may know in your personal or work life. What are some of the strategies you've noticed them using to deal with and stay strong through adversity? Think about how you could adapt and use some of those strategies in your own life.

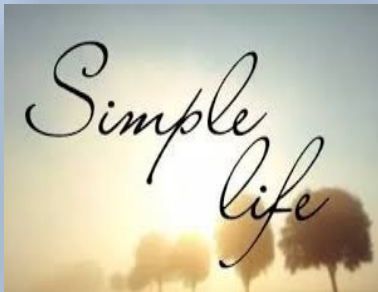
**“This too shall pass.”** Try to see your situation as temporary, no matter how difficult. Life tends to ebb and flow in ways that are impossible to predict. This view can help you gain perspective and maintain momentum to work through the current circumstance.

**Try to avoid catastrophic thinking.** During times of uncertainty, we often try to fill in the blanks. We may wonder “what if this happens” and imagine worst-case scenarios. While it is good to be prepared, it is rare that worst-case scenarios come true.

♥  
I'm taking  
a Social Media  
break.

- **Give yourself a break from media:**

When a national or world event is dominating the news, avoid over-exposure to media, especially if it is making you feel ineffective, anxious, or unable to have control of your life. Many media-worthy events can be presented in an exaggerated or false manner to attract attention. Unplug for part of each day from all your sources of media and news.

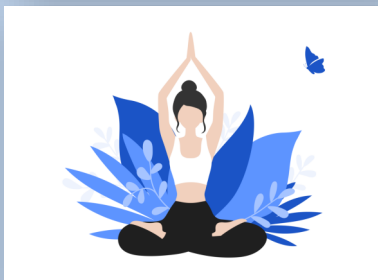


- **Keep your life simple:**

**Simplifying your life is especially important during stressful times.**

Simplify your routines and set limits to protect your time. Plan simple meals. Resist signing up for too many activities or over committing yourself. Don't be afraid to say “no.”

**Make time for simple pleasures,** such as watching the sunset, playing with your pet, or simply sitting and drinking a good cup of tea.



- **Practice relaxation techniques:**

Deep breathing, meditation, mindfulness, and yoga are four widely used relaxation techniques that can help improve mental and physical wellbeing.

Adopting tips like these and taking care of yourself will help you build your resilience.

For more wellbeing article: <https://wellbeing.lifeworks.com/blog/building-your-resilience-with-self-care/>



# Partners in Increasing



## 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)

### SUICIDE AND CRISIS LIFELINE

1 - 800 - 273 - 8255 or 988



## ICYMI Each Mind Matters is now Take Action for Mental Health

Take Action for Mental Health is an evolution of the Each Mind Matters campaign. Over the last decade, Each Mind Matters 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, please visit [www.takeaction4mh.com](http://www.takeaction4mh.com)



## The California Mental Health Services Authority

The California Mental Health Services Authority (CalMHSA), in collaboration with its county members, is a leading voice for mental health services for California. Created to deliver on the promise of the Mental Health Services Act (MHSA), 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 Prevention and Early Intervention (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 the stigma associated with mental illness and help-seeking, and prevent suicide.

# Free Virtual Presentations

To register, please visit the link or scan the QR code.

<https://www.ruhealth.org/behavioral-health/pei-community-education>

If you have any questions please email or call

Prevention & Early Intervention

(951) 955-3448 [PEI@ruhealth.org](mailto:PEI@ruhealth.org)



**Building Resiliency and Understanding Trauma** This 2 hour presentation focuses 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. Disponible en Español bajo petición

**Mental Health 101** This 1.5 hour presentation focuses on understanding mental health; Understanding mental health vs. mental illness; Mental health spectrum; Stigma reduction; Risk and protective factors; Available resources. Disponible en Español bajo petición.



**Self Care and Wellness** This 2 hour presentation focuses 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. Disponible en Español bajo petición.

**Know the Signs Presentations** This 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.

Pain Isn't Always Obvious

**KNOW THE SIGNS**

Suicide Is Preventable.org



This two-day Applied Suicide Intervention Skills Training (ASIST) workshop will equip participants to respond knowledgeably and competently to persons 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.(8:30 AM - 4:30 PM)

(3 HOURS) In-Person ,Learn four basic steps to recognize persons with thoughts of suicide and connect them with suicide helping resources



**safeTALK**



Mental Health First Aid teaches participants a five-step action plan, ALGEE, to support someone developing signs and symptoms of a mental illness or in an emotional crisis:



*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.*



# Connect With Us

## 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>

To get on our PEI notification list and receive this link, email: [DAGutierrez@ruhealth.org](mailto:DAGutierrez@ruhealth.org)

## Cultural Community Liaison Presentation

January 19, 2023  
@2:00 pm – 3:30 pm  
"Understanding Cultural Competency in the Latinx Community"  
By: Shirley Guzman  
To Register:



[bit.ly/3Gra5Sv](https://bit.ly/3Gra5Sv)

## 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– Please register in advance

<https://ruhealth.zoom.us/meeting/register/tZYlce2urTIuGtApBmS4xefpBj3psGPvzzF3>

After registering, you will receive a confirmation email containing information about joining the meeting.

### Upcoming Meetings:

March 29, 2023  
12:00 pm - 2:00 pm

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– Please register in advance

<https://ruhealth.zoom.us/meeting/register/tZAqduirqzktG9GCSzVsHMmzSq4zclgYaomp>

After registering, you will receive a confirmation email containing information about joining the meeting.

### Upcoming Meeting:

January 25, 2023  
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: [pei@ruhealth.org](mailto: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](mailto:PEI@ruhealth.org)  
<https://www.ruhealth.org/behavioral-health/prevention-early-intervention>