



PEI PULSE

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



HOW TO DISCIPLINE YOUR CHILD THE SMART AND HEALTHY WAY

Positive discipline for better mental and physical health and a happy childhood.

There comes a time when every parent struggles with how best to discipline their child. Whether dealing with a screaming toddler or an angry teen, it can be hard to control your temper. An effective strategy is positive discipline.

Why positive discipline?

The evidence is clear: shouting and hitting does not work and can do more harm than good in the long run. Such parenting can lead to higher chances of school dropout, depression, drug use, suicide risk, and heart disease. The positive discipline approach emphasizes developing a healthy relationship with your child and setting expectations around behavior. Here's how you can start putting it into practice:

1. **Plan one-on-one time.** One-on-one time is important for building good relationships but is even more important for your children.
2. **Praise the positives.** Children thrive on praise. It makes them feel loved and special. Look for when they're doing something good, and praise them!
3. **Set clear expectations.** Telling your child exactly what you want them to do is much more effective than telling them what not to do. Setting a clear expectation increases the likelihood that they'll do what you're asking.
4. **Distract creatively.** When your child is being difficult, distracting them with a more positive activity. Distraction is also about spotting when things are about to go wrong and taking action.
5. **Use calm consequences.** Part of growing up is learning that if you do something, something can happen. Defining this for your child is a simple process that encourages better behavior while teaching them about responsibility.

What can you do in stressful situations?

Every family goes through stressful times together. Here are some tips that can help parents get through such times:

1. **Pause.** We all know the stress when we feel our child is being difficult. At moments like these, being present and stepping back is a simple and helpful tactic. "Take five deep breaths, slowly and carefully, and you'll notice that you can respond in a calmer, more considerate way.
2. **Step back.** Parents often forget to care for themselves. "Take some time for yourself, such as when the kids are asleep, to do something that makes you happy and calm. It's hard to do everything right as a parent when you haven't given yourself a break."
3. **Praise yourself.** It's easy to forget your astonishing job as a parent every day, and you should give yourself the credit!

For more information, visit www.unicef.org/parenting

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

PROGRAM SPOTLIGHT



Cognitive Behavioral Intervention for Trauma in Schools (CBITS)

CBITS is a school-based, evidence-based program for students aged 10-15 who have a trauma exposure history and are experiencing symptoms of Post Traumatic Stress Disorder (PTSD). The program is comprised of 10 group sessions, two caregiver education sessions, one teacher information session, and at least one but no more than three individual sessions. CBITS is a CBT-based program that teaches participants about the common reactions to trauma/stress, how to challenge unhelpful thoughts and create more realistic thoughts, how to problem solve, how to face fears & anxiety-provoking situations, relaxation techniques, alternative coping strategies, and how stressful events impact our thoughts, feelings, & behaviors. The goal of the program is to reduce symptoms of PTSD, improve students' ability to function at school & home, reduce stigma related to trauma, and build skills to manage stressful situations.

Currently, four organizations are providing the CBITS program in nine school districts throughout Riverside County

- Operation Safehouse serves the entire county.
- Special Services for Groups serves Moreno Valley Unified School District.
- Jurupa Unified School District serves JUSD students at select sites.
- Riverside County Latino Commission serves Coachella Valley Unified School District.

For more information, please visit: www.ruhealth.org/behavioral-health



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

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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

RIVERSIDE COUNTY SCREENING & RECOGNITION CEREMONY

Honoring Riverside County Submissions

SEMI-FORMAL



PLEASE JOIN US

MAY
16

Fox Performing Arts Center
3801 Mission Inn Ave,
Riverside, CA 92501

5
PM



Scan the QR Code to register or Visit <https://directingchange.ca.org/riversidecounty/> for more information



SUICIDE PREVENTION QUARTERLY MEETING

PLEASE JOIN US

Wednesday, April 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/meeting/AprilQM>

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



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

APRIL IS CHILD ABUSE AWARENESS & PREVENTION MONTH



National Child Abuse Prevention Month recognizes the importance of families and communities working together to prevent child abuse and neglect.

**“Child abuse awareness is mental health awareness.
Child abuse prevention is mental health prevention.”**

— Melissa Stennett Deuter, MD (melissadeuter.com)