



RIVERSIDE UNIVERSITY HEALTH SYSTEMS – BEHAVIORAL HEALTH

PREVENTION & EARLY INTERVENTION

Directory of Services





OUR MISSION

Riverside University Health System—Behavioral Health (RUHS—BH) exists to provide effective, efficient, and culturally sensitive community-based services to adults, older adults, and children who are at risk of developing or have mental health conditions or substance abuse disorders. RUHS—BH also provides services to individuals on conservatorship. We strive to provide consumers with services that will empower them to achieve and maintain their own recovery goals and personal wellness. More information about behavioral health and the programs offered by RUHS—BH can be found at www.rcdmh.org.

OUR VISION

RUHS—BH believes that people with mental illness can and do recover and go on to lead rich, productive and satisfying lives. The definition of recovery is not limited to the absence of symptoms, but rather that the individual has created a purposeful path that leads him or her to a meaningful and satisfying life beyond a mental health diagnosis. It is about regaining and frequently discovering who you are and who you were meant to be. The vision of Riverside University Health System—Behavioral Health is to provide services that reflect our consumers' own picture(s) of their recovery and to empower them in their journeys toward fulfilling lives.

Consumers' visions for their recovery include:

- Having a safe, stable, and comfortable living environment
- Engaging in chosen, productive, daily activities (work, school, and personal interests)
- Being safe in the community and out of trouble with the law
- Being connected and involved with family, peers, and the community
- Not being incapacitated by internal stress, drug, or alcohol use

The degree to which we help consumers meet their criteria for successful recovery is an important measurement of the Department's success in fulfilling its vision.

Introduction

MENTAL HEALTH SERVICES ACT

California voters to provide a 1% tax on personal income over \$1 million in order to expand and transform the county behavioral health service system approved the Mental Health Services Act (MHSA), also known as Proposition 63. It became effective on January 1, 2005. One of the key components of the MHSA is Prevention and Early Intervention (PEI).

PREVENTION & EARLY INTERVENTION

The Prevention and Early Intervention (PEI) component of the Mental Health Services Act is intended to broaden the behavioral health system to become a “help first” system, which includes programs and services for people at risk of developing behavioral health problems, as well as their family, friends, and caregivers.

This Prevention and Early Intervention Directory of Services was developed to provide a simple and easy to use resource that lists programs and services in Riverside County. The programs and services listed in this guide are primarily offered in community and home-based settings. Please contact the providers for information about the location of services and programs.

WHAT IS PREVENTION?

- Prevention in behavioral health involves building protective factors and skills, increasing support, and reducing risk factors or stressors.
- Prevention efforts occur prior to a diagnosis of mental illness
- Generally there are no limits on prevention programs

WHAT IS EARLY INTERVENTION?

- Addresses a condition early in its manifestation
- Is of relatively low intensity
- Is of relatively short duration (less than one year)
- May include individual screening for confirmation of potential behavioral health needs
- Has the goal of supporting well-being in major life domains and avoiding the need for more extensive behavioral health services

As a result of an extensive community planning process, Riverside University Health System—Behavioral Health developed a PEI plan that was approved by the Mental Health Oversight and Accountability Commission on September 24, 2009. The PEI plan includes many programs and activities to address the needs of individuals at highest risk of developing behavioral health problems as well as those who are recently experiencing behavioral health symptoms.

RUHS—BH divides the county into three service delivery regions, which are known as Western, Mid-County, and Desert. The Research and Evaluation Unit analyzed data in order to identify the initial target communities throughout the county. The data included areas with high rates of risk factors that increase the risk of the development of behavioral health problems. These risk factors include, but are not limited to, child abuse rates, elder abuse rates, crime rates, school dropout rates, and poverty.

Community Education &
Stigma Reduction

Parent & Family Support & Training

School Based Programs

Transition Age Youth (TAY) Programs

Older Adult Programs

Trauma Programs

Specialized Ethnic Community Initiatives



COMMUNITY
EDUCATION
& STIGMA
REDUCTION

Community Education & Stigma Reduction



Active Minds

Active Minds chapters are student run with a faculty/staff member acting as an advisor. Active Minds chapters “work to increase students’ awareness of behavioral health issues, provide information and resources regarding behavioral health and mental illness, encourage students to seek help as soon as needed, and serve as liaison between students and the behavioral health community.”



Mt. San Jacinto College – Menifee Campus

Advisor: Arafiena Bhuiyan

(951)639 - 5651

abhuiyan@msjc.edu



University of California Riverside

Advisor: Connie Marmolejo

(951)827 - 5642

Connie.marmolejo@ucr.edu



College of the Desert

Advisor: Elizabeth Goid

(760)776 - 7211

egoid@collegeofthedesert.edu



Moreno Valley College

Advisor: Carlos Carrio

(951)571 - 6103

Carlos.Carrio@mvc.edu



Palo Verde College Blythe

Advisor: Maria Rivera

(760)921 - 5430

MRivera@paloverde.edu



Community Education & Stigma Reduction

Promotores de Salud Mental

Mental health Promotores(as) provide behavioral health education and support to members of their respective communities. The promotores(as) provide large group and small group presentations as well as meet with individuals and families to provide information on behavioral health topics and resources.

Visión y Compromiso



Hispanic/Latinx

Vision Y Compromiso

Coordinator: Marisela Blancas

Email: marisela@visionycompromiso.org

Serving: Western & Desert Regions

Community Mental Health Promotor Program

The goals of the Ethnic and Culturally Specific Community Mental Health Promotion Program are to: establish a collaboration and partnership between the Riverside University Health System-Behavioral Health and key community leaders from the target population groups identified as community mental health promoters; promote awareness of mental health topics and resources specifically tailored to these communities; increase access to needed services including Prevention and Early Intervention programs; and to provide supervision and ongoing training to support the community-based work of the Community Mental Health Promoters (CMHP) and assist them with developing/enhancing their relationship with the community they serve.



Asian American

Special Services Group

Contact: Estee Song | Email: esteesong@apctc.or

Serving: Western & Mid-County



African American

African American Health Coalition

Contact: Linda Hart | Email: hartl.aamhc@gmail.com

Serving: Western, Mid-County & Desert Regions



Native American

Riverside San Bernardino County Indian Health, Inc.

Contact: Vernon Motschman | Email: vmotschman@rsbcihi.org

Serving: Western, Mid-County & Desert Regions



LGBTQ

Borrego Health

Contact: Angel Marin | Email: amarin@borregohealth.org

Serving: Desert Region

Community Education & Stigma Reduction

Contact for Change

Contact for Change is an initiative designed to reduce stigma regarding mental illness and to increase community awareness within target populations regarding mental health information and resources. The two programs included within the Contact for Change initiative are Speaker's Bureau and Educator Awareness Program. Each program involves presenters who have lived experience with mental health challenges who share their personal stories of recovery.



WESTERN REGION:

RI International

1737 Atlanta Avenue, Suite H5 | Riverside, CA 92507
(951)686 - 5484 ext. 205

MID-COUNTY REGION:

RI International

170 Wilkerson Avenue, Suite A & B | Perris, CA 92570
(951)345 - 1193 ext. 209

DESERT REGION:

RI International

81-735 Highway 111, Suite B | Indio, CA 92201
(760)342 - 5517



PARENT &
FAMILY
SUPPORT &
TRAINING

Parent & Family Support & Training

Strengthening Families Program (SFP) 6-11

SFP 6-11 is an evidence-based practice that uses a parent, youth, and multi-family group format to prevent teen problem behaviors and substance abuse, strengthen parenting skills, and build family strengths. SFP 6-11 has been proven effective in lowering levels of aggression, increasing the resistance to peer pressure in youth, and increasing the ability of parents to set appropriate limits while showing affection to their children. SFP 6-11 is a 14-session program with two-hour sessions, usually held weekly in the evenings at school and in community settings.



WESTERN REGION:
MFI Recovery
5870 Arlington Avenue, Suite 103
Riverside, CA 92504
(951)683 - 6596



MID-COUNTY REGION:
MFI Recovery
1604 S. Santa Fe Avenue, Suite 403
San Jacinto, CA 92583
(951)683 - 6596



DESERT REGION:
Riverside Latino Commission
1538 7th Street
Coachella, CA 92236
(760)398 - 9000

Parent & Family Support & Training

Positive Parenting Program (Triple P)

A parent education program for parents and caregivers of children ages 2-12 and adolescents ages 12-16. The program is suitable for parents/caregivers with concerns about their child's behaviors or wish to learn a variety of parenting skills that will promote their child's development. Classes are offered in community locations. Triple P is offered as an 8-week group format.



The Carolyn E. Wylie Center

4164 Brockton Avenue

Riverside, CA 92501

(951)683 - 5193

Serving: Western, Mid-County & Desert Regions





SCHOOL BASED PROGRAMS

School Based Programs

Peace 4 Kids

Peace 4 Kids is a school-based program offered to students and their families at Painted Hills Middle School and Desert Springs Middle School in Desert Hot Springs. The program focuses on empowering youth with essential social skills, empathy training, character education, and anger management. These lessons provide protective factors against community risks. The Parent Empowerment Groups bring together the entire family to strengthen family bonds. This group meets with students two class periods per week for up to 14 weeks, and gathers with the entire family a total of 8 sessions once a week. Peace 4 Kids promotes peace, empathy and integrity within the schools, families, and community. For more information, please call Andreea Tomescu at (760)773 - 6869.

PAINTED HILLS MIDDLE SCHOOL

9250 Sonora Drive
Desert Hot Springs, CA 92240

DESERT SPRINGS MIDDLE SCHOOL

66755 Two Bunch Palms Trail
Desert Hot Springs, CA 92240





TRANSITION
AGE YOUTH
(TAY)
PROGRAMS

Transition Age Youth (TAY) Programs

Transition Age Youth (TAY) Peer to Peer Program

This prevention service utilizes Transition Age Youth (16-25) who reflect the populations they will be serving which include Lesbian, Gay, Bisexual, Transgender & Questioning foster youth, youth transitioning into college, and runaway/homeless youth. The TAY peer providers will provide formal and informal outreach, informal counseling and support/informational groups to at-risk youth and their families.



MID-COUNTY REGION:
"Peer to Peer"
Victor Community Support Services
555 N. Perris Boulevard, Building A
Perris, CA 92571
(951)436 - 5300



WESTERN REGION:
"Cup of Happy"
Operation SafeHouse
9685 Hayes Street
Riverside, CA 92504
(951)351 - 4418

DESERT REGION:
"Cup of Happy"
Operation SafeHouse
72-710 East Lynn Street
Thousand Palms, CA
92276
(760)343 - 3211

Outreach and Reunification for Homeless and Runaway Youth

Provides outreach to homeless and runaway youth. Crisis intervention and counseling strategies are used to facilitate reunification of the youth with an identified family member. Follow-up referrals will be provided to assist in stabilizing their living situation.



WESTERN REGION:
Operation SafeHouse
9685 Hayes Street
Riverside, CA 92503
(951)351 - 4418

DESERT REGION:
Operation SafeHouse
72-710 East Lynn Street
Thousand Palms, CA
92276
(760)343 - 3211

Transition Age Youth (TAY) Programs

Stress and Your Mood Program

SAYM is an evidence-based early intervention program used to treat depression. The program is low intensity and short in duration. Some family education regarding depression and family or parent sessions are included. Consistent with the model, providers will refer the Transition Age Youth (16-25), as appropriate, for a medication evaluation and work closely with the prescribing psychiatrist to ensure continuity of care. The program is provided in weekly individual or group sessions for 12-20 sessions.



WESTERN REGION:
Operation SafeHouse
9685 Hayes Street
Riverside, CA 92503
(951)351 - 4418

DESERT REGION:
Operation SafeHouse
72-710 East Lynn Street
Thousand Palms, CA 92276
(760)285 - 1740

MID-COUNTY REGION:
Operation SafeHouse
11 S. "D" Street
Perris, CA 92570
(951)858 - 1305





OLDER
ADULT
PROGRAMS

Older Adult Programs

CareLink

A care management program for frail older adults and disabled adults with the goal of assisting the individual with what they need to remain in the lowest level of care (i.e. their home). Each participant is screened for depressive symptoms and, if appropriate, provided an evidence-based intervention designed to reduce the severity of depressive symptoms.



Riverside County Office on Aging
3610 Central Ave | Riverside, CA 92506
(800)510 - 2020
Serving: Western, Mid-County & Desert Regions

Caregiver Support Groups

A 12-week educational and support program for caregivers. This program is primarily designed for caregivers of older adult participants in prevention and early intervention programs, caregivers of older adults with mental illness, and caregivers of older adults with dementia.



Riverside County Office on Aging
3610 Central Ave | Riverside, CA 92506
(800)510 - 2020
Serving: Western, Mid-County & Desert Regions

Cognitive-Behavioral Therapy (CBT) for Late Life Depression

An evidence-based early intervention service that is an active, directive, time-limited, and structured problem solving approach to reduce depression and suicide risk in older adults.



The Scott Hines Mental Health Clinic at
The Center
1301 N. Palm Canyon Drive, Third Floor
Palm Springs, CA 92262
(760)416 - 7899
Serving: Desert Region

Older Adult Programs

Program to Encourage Active and Rewarding Lives for Seniors (PEARLS)

This is a 19-week, evidence based program designed for people 60 years or older who have minor depression or dysthymia (an ongoing, low-grade depression of two or more years, in which depressive symptoms are present more days than not). PEARLS is an in-home intervention that utilizes an empowering and skill-building approach.



Inland Caregiver Resource Center

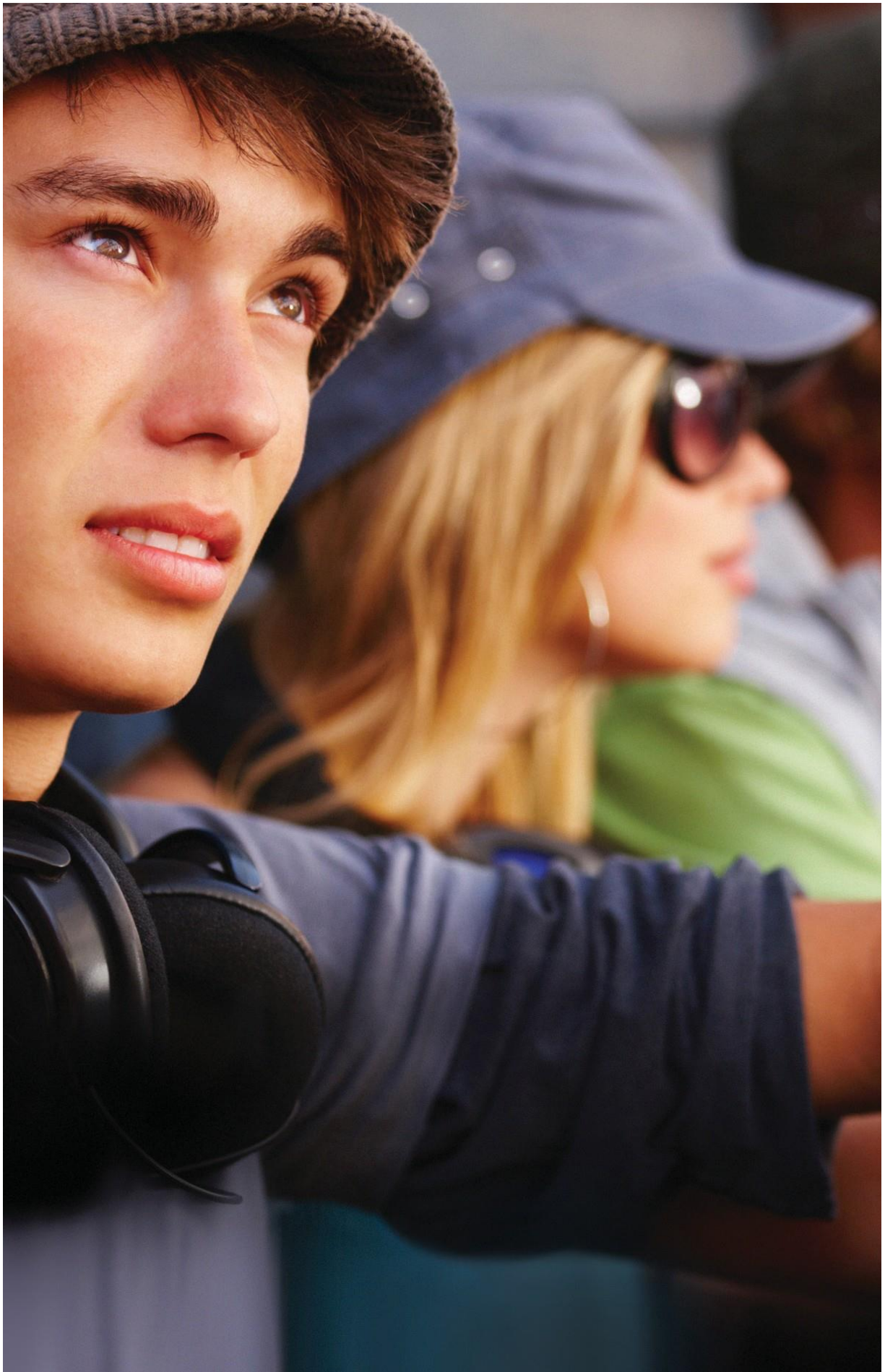
1430 E. Cooley Drive, Suite 124

Colton, CA 92324

(800)675 - 6694

Serving: Western, Mid-County & Desert Regions

TRAUMA PROGRAMS



Trauma Programs

Cognitive Behavioral Intervention for Trauma in Schools (CBITS)

The CBITS program is a group intervention for youth 10-15 years old who have symptoms of Post-Traumatic Stress Disorder (PTSD), including depression and anxiety caused by exposure to violence.



SAFEHOUSE

WESTERN REGION:

Operation SafeHouse
9685 Hayes Street
Riverside, CA 92503
(951)351 - 4418

MID-COUNTY REGION:

Operation SafeHouse
11 S. "D" Street
Perris, CA 92570
(951)858 - 1305

DESERT REGION:

Operation SafeHouse
72-710 East Lynn Street
Thousand Palms, CA 92276
(760)285 - 1740



WESTERN REGION:

Jurupa Unified School District
4050 Pedley Road
Jurupa Valley, CA 92509
(951)360 - 4175

Trauma Programs

Seeking Safety

Is an 8-week present focused, coping skills program designed to simultaneously help individuals with a history of trauma and substance abuse. It is available in group or individual format and for female, male, or mixed gender groups. The program is offered at high school and college campuses as well as other community locations.

Currently Riverside University Health System - Behavioral Health is in the evaluation process to identify providers in all 3 regions.





SPECIALIZED
ETHNIC
COMMUNITY
INITIATIVES

Specialized Ethnic Community Initiatives

Building Resilience in African American Families

The initiative includes the following three programs:

Africentric Youth and Family Rites of Passage Program

This program is designed for African American boys between ages 11-14 and in the Desert Region, a Pilot Program for African American girls between ages 11-13, who are at risk for the development of behavioral health problems, school failure, and involvement in the juvenile justice system. The program works with parents and their youth to enhance protective factors strengthening relationship bonds within the family from an Africentric orientation.

Guiding Good Choices (GGC)

Guiding Good Choices focuses on the prevention of substance use and other behavioral problem topics related to raising pre-teens and teenagers. This 5-week program strengthens protective factors increasing family cohesion and decreases risk factors that disrupt healthy family development. This program is provided to the parents of the youth in the Building Resilience in African American Families (BRAAF) Rites of Passage Program.

Cognitive Behavioral Therapy (CBT)

CBT is tailored to include individual, family, and/or group intervention to address and reduce symptoms of Post-Traumatic Stress Disorders (PTSD), exposure to violence, anxiety, depression, emotional crisis, and provide coping skills.



MID-COUNTY REGION:
Riverside County Black Chamber of Commerce
2060 Chicago Avenue, A13
Riverside, CA 92570
(951)823 - 0175



DESERT REGION:
(Boys and Girls Program)
Family Health and Support Network
74410 Highway 111, Suite D
Palm Desert, CA 92260
(760)340 - 2442

Specialized Ethnic Community Initiatives



WESTERN REGION:
Sigma Beta Xi, Inc.
14340 Elsworth Street, Suite B112
Moreno Valley, CA 92553
(951)247 - 0200

Mamás y Bebés (Mothers and Babies)

This is an 8-week mood management course provided during and after pregnancy for women at risk of post-partum depression. Women who complete the program also receive three individual booster sessions. The purpose is to teach participants to recognize which thoughts, behaviors, and social contacts have influence on their mood, the effect of mood on health, and the benefits of strengthening maternal-infant bonding.



WESTERN REGION:
Reach Out
1126 W Foothill Boulevard, Suite 250
Upland, CA 91786
(909)982 - 8641
info@we-reachout.org



MID-COUNTY REGION:
Riverside Community Health Foundation
4275 Lemon St.
Riverside, CA 92501
Contact: Terri Akens
(951)788 - 3471 ext. 137
Terri@rchf.org

Specialized Ethnic Community Initiatives

“Native American Project: Strengthening the Circle”

The project includes the following three programs:

Wellbriety Celebrating Families!

A 16-week program designed to work with every member of the family from ages 3 through adult. It fosters the development of safe, healthy, fulfilling and addiction-free individuals and families by increasing resiliency factors and decreasing risk factors while incorporating addiction recovery concepts and healthy family living skills. It integrates traditional Native teachings and indigenous practices as a framework.

Cognitive Behavioral Therapy (CBT)

A time-sensitive, structured, present-oriented form of psychotherapy that has demonstrated to be effective for a range of issues. This element is included/offered to individuals in the Wellbriety Celebrating Families! Program in individual, family, and/or group interventions to participants identified through clinical assessment as having emergency symptoms of depression or anxiety.

Gathering of Native Americans (GONA)

An annual, Countywide 2-day event that provides a framework to examine the effects of historical trauma and provides an integrated experience that offers hope, encouragement and a positive foundation for Native Community action and healing through traditional songs, drumming, prayers and stories.

Currently Riverside University Health System—Behavioral Health is in the evaluation process to identify providers in all 3 regions.

Filipino-American Mental Health Resource Center

The Filipino-American Mental Health Resource Center supports outreach activities and education. It also provides linkage to appropriate mental health services for Filipino Americans in the Perris Valley and surrounding areas of Riverside County in order to reduce mental health stigma, increase mental health awareness, and connect the community with services and mental health resources.

Specialized Ethnic Community Initiatives



Perris Valley Filipino-American Association, Inc.

Contact: Mila Banks

24215 Fir Avenue

Moreno Valley, CA 92559

(951)563 - 0049

Inlandfilm97@gmail.com

Serving: Western & Mid-County Region

Strengthening Intergenerational Ties in Immigrant Families (SITIF) also referred as Keeping Intergenerational Ties in Ethnic Families (KITE)

A 10-week program that addresses the needs of our culturally diverse Asian-American Pacific Islander (AAPI) community. This program offers Prevention and Early Intervention services for Asian-American Pacific Islander (AAPI) parents with school aged children and adolescents (ages 6-17). Provides education and skill development for parents by conducting parent education workshops to Asian-American Pacific Islander parents within community organizations, such as schools, churches, homes and other natural settings.



Asian American

Special Services Group

Contact: Estee Song | Email: esteesong@apctc.or

Serving: Western & Mid-County

INDEX

PREVENTION & EARLY INTERVENTION DIRECTORY OF SERVICES

Active Minds	8
African American Health Coalition	10
Africentric Youth and Family Rites of Passage Program	33
Asian American Special Services Group	10, 22
Borrego Health	10
Building Resilience in African American Families (BRAAF)	33
Caregiver Support Groups	25
CareLink	25
Cognitive Behavioral Intervention for Trauma in Schools (CBITS)	29
Cognitive Behavioral Therapy (CBT)	33, 35
Cognitive-Behavioral Therapy (CBT) for Late Life Depression	25
College of the Desert	8
Community Mental Health Promotor Program(CMHP)	10
Contact for Change	11
Cup of Happy	21
Desert Springs Middle School	18
Family Health and Support Network	33
Filipino American Mental Health Resource Center	35
Gathering of Native Americans (GONA)	35
Guiding Good Choices (GGC)	33
Inland Caregiver Resource Center	26
Jurupa Unified School District	29
Keeping Intergenerational Ties in Ethnic Families (KITE)	36
LGBTQ	10
Mamás y Bebés	34
MFI Recovery	14
Moreno Valley College	8
Mt. San Jacinto College	8
Native American Project: Strengthening the Circle	35
Operation SafeHouse	21, 22, 29
Outreach and Reunification for Homeless and Runaway Youth	21
Painted Hills Middle School	18
Palo Verde College	8
Peace 4 Kids	18
PEARLS.....	26
Peer to Peer Program	21
Perris Valley Filipino-American Association Inc,	36
Positive Parenting Program (Triple P).....	15
Promotores(as) de Salud Mental	10
Reach Out.....	34
RI International.....	11
Riverside City College	8

PREVENTION & EARLY INTERVENTION DIRECTORY OF SERVICES

Riverside County Black Chamber of Commerce	33
Riverside Community Health Foundation	34
Riverside County Office on Aging.....	25
Riverside Latino Commission	14
Riverside San Bernardino County Indian Health, Inc.....	10
Seeking Safety	30
Sigma Beta Xi, Inc.	34
Strengthening Families Program (SFP).....	14
Strengthening Intergenerational Ties in Immigrant Families (SITIF)...	36
Stress and Your Mood Program.....	22
The Carolyn E. Wylie Center	15
The Center.....	25
Transition Age Youth (TAY).....	21
University of California Riverside	8
Victor Community Support Services.....	21
Vision y Compromiso	10
Wellbriety Celebrating Families.....	35



RIVERSIDE COUNTY BOARD OF SUPERVISORS

The Board of Supervisors is the governing body of the County, certain special districts, and the Housing Authority. The Board enacts ordinances and resolutions, adopts the annual budget, approves contracts, appropriates funds, determines land use zoning for unincorporated areas, and appoints certain County officers and members to various boards and commissions.

Kevin Jeffries
District 1

Karen Spiegel
District 2

Chuck Washington
District 3

V Manuel Perez
District 4

Jeff Hewitt
District 5

Riverside University Health System—Behavioral Health has a dedicated staff of professionals who are committed to providing services that incorporate the latest innovations in clinical, administrative, policy, and research practice affecting behavioral health. These services are delivered throughout Riverside County.

Riverside University Health System—Behavioral Health
Matthew Chang, M.D., Director



Behavioral Health Administration Office
4095 County Circle Drive | Riverside, CA 92503
951-358-4500
www.rcdmh.org & www.riverside.networkofcare.org



INFORMATION AND REFERRALS

National Suicide Prevention Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

Call: 800-273-TALK (8255).

HELPLine is a free, confidential crisis/suicide intervention service.

Operated by highly trained volunteers, the line is open 24 hours a day, seven days a week.

Call: 951-686-HELP or 951-686-4357

2-1-1 is a toll-free number that provides information and referrals for health and social services in Riverside County.

Call: 2-1-1

CARES Line (Community Access, Referral, Evaluation and Support Line) Provides information and referrals for Medi-Cal and Riverside County Health Plan beneficiaries seeking Behavioral Health Services.

Call: 800-706-7500

Riverside University Health System — Behavioral Health www.rcdmh.org

Network of Care www.riverside.networkofcare.org

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