



“We’ve Been There, We Can Help”

Maria D. Algarin
Prevention and Early
Intervention
Family Advocate

What is a Family Advocate?

Family members/caregivers

Lived experiences

Provide:

Information

Education

Support

What Family Advocates Can Do

- Individual Support
- Support Groups
- Assist Families Navigate Behavioral Health system
- Service options and assistance locating resources within their community
- Assist Families connect with Providers
- Support Families at Mental Health Court and Conservatorship hearings

What Family Advocates Can NOT Do

- Assume responsibility for a more appropriate service provider
- Speak on behalf of the family
- Force the member to do something against his/her will
- Divulge confidential information without written consent - ROI
- Obtain preferential treatment/services

Riverside County

Sr. Family Advocates

- **Regional Family Advocates**
- Western - Francisco Huerta
- Mid-county - Alicia Hermosillo
- Desert - Elizabeth Aguilar
- **Substance Abuse** - Jim Hill
- **Forensics/ Mental Health Court** – Willard Wynn
- **Outreach and Engagement** – Pedro Arciniega
- Perris/ Lake Elsinore **Family Room** – Heidi Green
- **TAY Drop In Centers** – Carolina Jernejcic

Jenny Hodge

PREVENTION AND EARLY INTERVENTION

FAMILY ADVOCATE

A source of support for individuals, families and community to provide skills, coping strategies, offer resources and provide information and education on how families can deal more effectively with stressful events and mitigate risk for mental health, suicide and substance use in families and communities.

Services Available:

Information	Education	Support
Behavioral Health Resources	Mental Health First Aid Youth and Adult	Family Support Groups
Children Services Parent Partners	Safe TALK	PEI Providers Community members
Adult Services Family Advocate Program	NAMI (National Alliance on Mental Illness) Education	One on One Support
County Clinics	Family Advocate Program Presentations:	Outreach to:
Emergency Services Urgent Care	"Meet the Doctor"	Elementary Schools
ITF (In-Patient Treatment Facility)	"Families, Mental Illness and the Justice System"	High Schools
	"Addiction, Families and Healing"	Colleges
		Resource Fairs
		Community Presentations

Studies have shown that Family education and support are KEY and ESSENTIAL in Early Intervention and Prevention of Mental Illness and Substance Use.

Please contact:
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PEI@ruhealth.org
or call 951-955-3448

Servicios disponibles en Español



MENTAL
HEALTH
FIRST AID®

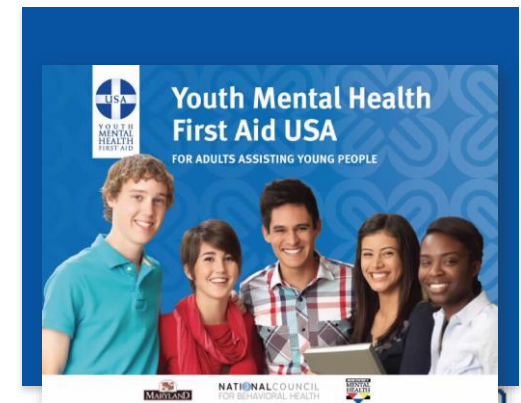
Maria D. Algarin
Family Advocate - Prevention and Early Intervention
Riverside University Health System – Behavioral Health
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Mental Health First Aid is the initial help offered to a person developing a mental health or substance use problem, or experiencing a mental health crisis. The first aid is given until appropriate treatment and support are received or until the crisis resolves.



What Participants Learn

- ⊕ **Risk factors and warning signs** of mental health and substance use problems
- ⊕ **Information** on depression, anxiety, trauma, psychosis and substance use
- ⊕ **A 5-step action plan** to help someone who is developing a mental health problem or in crisis
- ⊕ **Available evidence-based professional, peer and self-help resources**



Mental Health First Aid Action Plan



Assess for risk of suicide or harm



Listen nonjudgmentally



Give reassurance and information



Encourage appropriate professional help



Encourage self-help and other support strategies

Evidence



Mental Health First Aid....

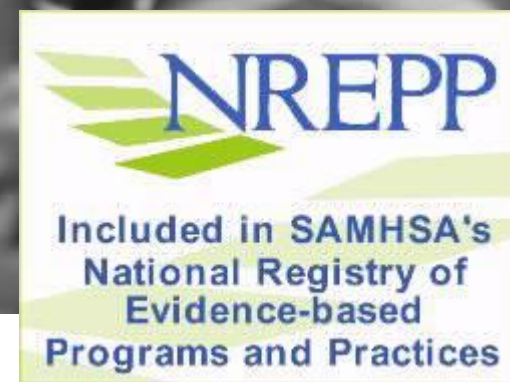
Increases knowledge and understanding

...Encourages people helping people

...Supports people getting help

...Decreases social distance

...Increases mental wellness



Find or Host a Course

www.MentalHealthFirstAid.org



The screenshot shows the homepage of the Mental Health First Aid USA website. The header includes the Mental Health First Aid USA logo on the left and navigation links: BLACK DOG RIDE, TAKE A COURSE, BECOME AN INSTRUCTOR, ABOUT, and NEWS & UPDATES. A social media icon for Facebook and a link to INSTRUCTOR LOGIN are also present. The main content area features a large image of a motorcycle engine. Overlaid on this image is a white box with the text "WHAT YOU LEARN" and "COURSE TYPES" (ADULT, YOUTH). To the right of this box is a blue button labeled "FIND A COURSE". Below the motorcycle image is a blue banner with the text "Mental Health First Aid." and a link to "DONATE TO BLACK DOG RIDE." Below this banner, the text "Mental Health First Aid is an in-person training that teaches you how to help people developing a mental illness or in a crisis." is displayed. To the right of this text is a link to "Support Black Dog Ride." Below the text, there are four icons representing different topics: a warning sign for "Signs of addictions and mental illnesses", a person with a speech bubble for "5-step action plan to assess a situation and help", a head with a brain for "Impact of mental and substance use disorders", and two hands shaking for "Local resources and where to turn for help". To the right of these icons is a green button labeled "DONATE TO BLACK DOG RIDE" and a yellow button labeled "FIND A COURSE". Below the "FIND A COURSE" button is a link to "Apply for Instructor Training". At the bottom of the page, there is a quote from a man: "I've taken regular first aid, and I've used both, but certainly the opportunities to use Mental Health First Aid are much more abundant."

USA
MENTAL
HEALTH
FIRST AID

BLACK DOG RIDE TAKE A COURSE BECOME AN INSTRUCTOR ABOUT NEWS & UPDATES

INSTRUCTOR LOGIN

WHAT YOU LEARN
COURSE TYPES
ADULT
YOUTH

Sign up for a class near you

FIND A COURSE

responders,
members in

Mental Health First Aid.

DONATE TO BLACK DOG RIDE.

Mental Health First Aid is an in-person training that teaches you how to help people developing a mental illness or in a crisis.

Help us train more veterans and first responders in Mental Health First Aid.
[Support Black Dog Ride.](#)

DONATE TO BLACK DOG RIDE

Sign up for a Mental Health First Aid class near you

FIND A COURSE

[Apply for Instructor Training](#)

DONATE NOW

USA

“I've taken regular first aid, and I've used both, but certainly the opportunities to use Mental Health First Aid are much more abundant.”

 **Riverside
University
HEALTH SYSTEM**
Behavioral Health



safeTALK

Prepares participants to identify persons with thoughts of Suicide

Applies the **TALK** steps (**T**ell, **A**sk, **L**isten, **K**eeP Safe)
to connect a person to a suicide first aid interventionist

Most people with thoughts of suicide want help

Common to want to **Miss**, **Dismiss** or **Avoid** Suicide

A suicide-safer community begins with you.

Contact PEI@Ruhealth for more information

Questions?

Thank you

Maria D. Algarin

Prevention and Early Intervention Family
Advocate

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