

Parent Support & Training Contacts

BH Peer Policy & Planning Specialist

Lorie Lacey-Payne - (951) 358-5862

Senior Parent Partners:

- **Central Region** (County Wide)
Rachel Douglas (Bi-lingual)
(951) 358-5862
- **Western Region**
(Corona, Riverside, Moreno Valley)
Maria T. Gonzalez (951) 358-5862
- **Mid- County Region**
(Perris, Hemet, Lake Elsinore, Temecula)
Alicia Arredondo - (951) 358-5862
- **Desert Region** (Banning, Indio, Blythe)
Shawn Harris - (951) 358-5862
- **Transitional Age Youth, TAY**
Maria Arnold (Bi-lingual)
(951) 955-9800
- **Pathways to Wellness** (County Wide)
Glenis Ulloa (Bi-lingual) - (951) 358-5862
- **Housing Liaison** (County Wide)
Cristine Lestage - (951) 358-5862
- **Parent Support & Training**
Jane Beamer - (951) 358-5862

Volunteer Services Coordinator

Luz Negrón (Bi-lingual) - (951) 358-5862

HELPLine

Providing Help / Empowering Recovery

HELPLine is a free, confidential crisis / suicide intervention service available 24 hours a day, 7 days a week.

(951) 686-HELP or (951) 686-4357

CARES Line - (800) 706-7500

**Parent-To-Parent Warm Line
(888) 358 - 3622**

 **Riverside
University
HEALTH SYSTEM**
Behavioral Health

**3125 Myers Street
Riverside, CA 92503
(951) 358 - 5862**

rcdmh.org/psp

This information is available in alternative formats upon request. If you are in need of a reasonable accommodation, please contact Parent Support & Training Program at (951) 358-5862.

Parent Support & Training Program

**3125 Myers Street
Riverside, CA 92503**

**(951) 358 - 5862
www.rcdmh.org/psp**

**Office Hours:
Mon-Thurs 8:00 am - 5:30 pm
Friday 8:00 am - 4:30 pm**

What is a Parent Partner?

As Parent Partners, we are first and foremost the parents or caregivers raising a child/children with behavioral or emotional challenges. We have learned to work within the system to establish success for our children. Parent Partners partner with Parents so they can help their families develop resilience and move on to recovery.



The Value of a Parent Partner

Parents who have encountered the barriers and experienced the challenges of navigating through many services, such as Behavioral Health, Special Education, and Juvenile Justice systems, as well as other community services, know the energy, perseverance and commitment that is needed in order to receive help for their child and family.

Parents usually build a very quick relationship with one another because they connect, bond, trust and listen to one another and because they have shared similar experiences related to a child they love. Peer support reduces isolation and helps parents feel hope, sometimes for the first time. In addition to relationship building and mentoring, Parent Partners share information and resources that are extremely important. This enables parents to understand and learn how to become better advocates for their child. This also saves time and frustration for new parents entering the system and frees up time for clinicians to use their skills more efficiently and effectively.

How can Parent Support & Training help?

Parent Support & Training is a community-based program that provides county-wide services that include the following:

- Individual support to Parents
- Assistance for families in finding Behavioral Health & Community Resources
- Parent to Parent Support Groups
- Community Outreach
- Partial and full scholarships for Parents
- County-wide resources
- Parenting Classes and Workshops for Parents/Caregivers
- Parent Resource Library
- Volunteer Opportunities
- Parent Partner Employment Trainings

All of our services are **FREE** to parents in Riverside County. Parent Support & Training is funded by the Mental Health Service Act. For more information, please contact our program at (951) 358 - 5862.

Classes that are available for Parents & Caregivers

Triple P & Teen Triple P, Positive Parenting Program suggests simple routines and small changes that can make a big difference to your family. It helps you understand the way your family works and uses the things you already say, think, feel and do in new ways.

EES (Educate, Equip & Support), is offered to parents/caregivers raising a child/youth with mental health and/or emotional challenges. Classes are designed to provide parents/caregivers with general education about children's mental health challenges, parent to parent support and community resources.

Nurturing Parenting will help you better understand your role as a parent. Help in strengthening your relationship and bond with your child. Learn new strategies and skills to improve your child's concerning behavior. Develop self care, empathy, and self awareness.

Strengthening Families is an interactive course that will focus on the Five Protective Factors. The Five Protective Factors are skills that help to increase family strengths, enhance child development and manage stress.

Facing Up training is a class that provides simple suggestions on how to develop an individual plan for a healthy family environment. This class provides a safe place for parents and caregivers to express their challenges in providing a healthy structure for their family's overall well being.

Trainings available for Parents, Caregivers, & Community Partners

Mental Health First Aid - Youth is an 8-hour training that introduces participants to unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge.

safeTALK training prepares you to help by using TALK (Tell, Ask, Listen and KeepSafe) to identify and engage people with thoughts of suicide and to connect them with further help and care.

