

PARENT SUPPORT & TRAINING

Program Manager (County-wide)

Maria L. Arnold (Bi-lingual)

Senior Parent Partners

Traning & Education Coordinator

Rachel Douglas (Bi-lingual)

Central Region (County-wide)

Vaness Lopez (Bi-lingual)

Western Region (Corona, Riverside, Moreno Valley)

Maria T. Gonzalez (Bi-lingual)

Mid-County Region (Perris, Hemet, Lake Elsinore, Temecula)

Alicia Arredondo

Desert Region (Banning, Indio, Blythe)

Shawn Harris

Pathways to Wellness (County-wide)

Lorena Molina (Bi-lingual)

Housing Liaison (County-wide)

Cristine Lestage

Stepping Stones - TAY

Jane Beamer
951-955-9800

Cultural Competency

Glenis Ulloa (Bi-lingual)
951-955-7328

TOPPS Program - Hemet

Cherylyn Klemens
951-441-0875

HELPLine

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

951-686-HELP

CARES Line

CARES Line is a free resource line to be connected to mental health services.

800-499-3008

Parent - to - Parent Warm Line

888-358-3622

 **Riverside University**
HEALTH SYSTEM
Behavioral Health

3125 Myers Street,
Riverside, CA 92503
951-358-5862

Office Hours:

Mon-Thurs: 8:00 AM - 5:00 PM

Fri: 8:00 AM - 4:30 PM

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



PARENT SUPPORT & TRAINING PROGRAM

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 provide support to parents so they can help their families develop resilience and move on to recovery.



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 to receive help for their child and family. Parents usually build a swift relationship because they connect, bond, trust, listen to one another, and share similar experiences related to a child/youth they love. **Parent Partner 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 learn how to become better advocates for their children.

HOW CAN PARENT SUPPORT & TRAINING HELP?

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

- Individual support to parents/caregivers
- Assistance for families in finding Behavioral Health & community resources
- Parent-to-Parent Support Groups
- Community Outreach
- County-wide resources
- Parenting Classes and Workshops for parents/caregivers
- Parent Resource Library
- Volunteer Opportunities for Parents & Youth
- Resource Opportunities

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

TRAININGS

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 an understanding of the importance of early intervention, and teaches individuals how to help adolescents in crisis or to experience 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.

CLASSES THAT ARE AVAILABLE

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 how 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 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 focusing on the Five Protective Factors. These skills help increase family strengths, enhance child development and manage stress.

