

# Riverside University Health Systems—Behavioral Health

## Prevention and Early Intervention

### Virtual Services during COVID

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#### Community Education and Stigma Reduction

##### **Community Connect**

Serving: Riverside County

##### **Visión y Compromiso**

Serving: Western and Desert Region

##### **Special Services for Groups**

Serving: Western and Mid-County Regions

##### **African American Health Coalition**

Serving: All Regions of Riverside County

##### **Riverside San Bernardino County Indian Health Inc.**

Serving: All Regions of Riverside County

##### **RI International**

Serving: All Regions of Riverside County

Contact: 951-686-HELP (4357)

24/7 Crisis and suicide prevention hotline

Contact: Marisela Blancas

[Marisela@visionycompromiso.org](mailto:Marisela@visionycompromiso.org)

Contact: Estee Song [esteesong@apctc.org](mailto:esteesong@apctc.org)

Contact: Linda Hart [Hartl.aamhc@gmail.com](mailto:Hartl.aamhc@gmail.com)

Contact: Vernon Motschman [vmotschman@rsbcihi.org](mailto:vmotschman@rsbcihi.org)

Contact: Ron Hoffman [ron.hoffman@riinternational.com](mailto:ron.hoffman@riinternational.com)  
951-217-5517

#### Parent and Family Education and Support Programs

##### Strengthening Families Program (SFP)

##### **MFI Recovery**

Serving: Western and Mid-County Regions

Contact: 951-683-6596

Cesia Alvarenga [CesiaAlvarenga@mfirecovery.com](mailto:CesiaAlvarenga@mfirecovery.com)

Maria Alcaraz [MariaAlcaraz@mfirecovery.com](mailto:MariaAlcaraz@mfirecovery.com)

##### **Riverside Latino Commission**

Serving: Desert Region

Contact: Alan Mora-Lopez [amora@latinocommission.com](mailto:amora@latinocommission.com)  
760-398-9000

##### Triple P (Positive Parenting Program)

##### **The Carolyn E. Wylie Center**

Serving: All Regions of Riverside County

Contact: Lucinda Chagolla [lchagolla@wyliecenter.org](mailto:lchagolla@wyliecenter.org)  
951-683-5193

#### Transition Age Youth (TAY) Programs

##### **Operation SafeHouse**

Serving: Western and Desert Regions

Contact: Nicole Watson [nwatson@operationsafehouse.org](mailto:nwatson@operationsafehouse.org)  
760-285-1740

##### **Victor Community Support Services**

Serving: Mid-County Region

Contact: Shatterra Mahone [Shatterra.mahone@victor.org](mailto:Shatterra.mahone@victor.org)  
951-436-5312

#### Older Adult Programs

##### **Cognitive-Behavioral Therapy (CBT) for Late-Life Depression**

##### **The Scott Hines Mental Health Clinic at The Center**

Serving: Desert Region

Contact: 760-416-7899

#### Older Adult Programs continued

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

**Inland Caregiver Resource Center**

Serving: All Regions of Riverside County

Contact: 800-675-6694

**Care Pathways – Caregiver Support Groups**

**Riverside County Office on Aging**

Serving: All Regions of Riverside County

Contact: 800-510-2020

**Specialized Ethnic Community Programs**

**Mamás y Bebés (Mothers & Babies)**

**Riverside Community Health Foundation**

Serving: Mid-County Region

Contact: Terri Akens [Terri@rchf.org](mailto:Terri@rchf.org)  
951-788-3471 ext. 137

**Reach Out**

Serving: Western Region

Contact: Gloria Lopez [Gloria@we-reachout.org](mailto:Gloria@we-reachout.org)  
909-982-8641

**Keeping Intergenerational Ties in Ethnic Families (KITE)**

**Special Services for Groups**

Serving: Western and Mid-County Regions

Contact: Karen Lim [kchnlim@apctc.org](mailto:kchnlim@apctc.org)

**Riverside University Health Systems – Behavioral Health  
Crisis Supports & Services**

**Mental Health Urgent Care**

**MHUC Riverside:**

9980 County Farm Rd, Bldg. 2, Riverside 92503

Phone: 951-509-2499

**MHUC Perris:**

85 Ramona Expressway, Ste. 1-3, Perris 92571

Phone: 951-349-4195

**MHUC Palm Springs:**

2500 N. Palm Canyon Dr., Ste. A4, Palm Springs 92571

Phone: 442-268-7000

**Behavioral Health Access Lines**

CARES line for Medi-Cal beneficiaries seeking Mental Health Services Phone: 800-706-7500

Substance Use CARES Line Call

Phone: 800-499-3008

**Online and Telephone Supports**

**Take My Hand**

24/7 Peer support chat

Visit: [www.takemyhand.co](http://www.takemyhand.co)

**Essential Staff Support line**

Individual coaching, counseling and listening 24/7 for:

Health care workers, first responders and any essential staff

Phone: 951-955-7015