

STRIVING FOR ZERO EXCELLENCE AWARDS

Striving
for
Zero

TARGETED APPROACHES

Upstream Subcommittee

Riverside County:

Riverside University Health System – Behavioral Health & Public Health (RUHS)

The objectives of our Upstream subcommittee are to promote healthy, connected, and resilient communities. By increasing protective factors in individuals, families, and communities, this subcommittee aims to make Riverside County a healthier and happier community. The subcommittee focuses on both older adult and youth initiatives. Their older adult initiative for 2023 focused on increasing connectedness, fostering a sense of belonging, increasing help-seeking behaviors, promote messages of resiliency, recovery, and hope to homebound seniors. They successfully assembled and distributed over 3,600 kits to homebound older adults that are at increased risk for suicide. Within each kit, the recipients received not only comfort items, but also resources that promote protective factors and encourage help-seeking behavior. Messages of resiliency, recovery and hope were integrated among the giveaways. These giveaways had positive feedback such as, "Thank you for thinking of me, it makes me feel special."



5 Daily Habits to be a Happier Person:

Practice daily gratitude.

Live in the present moment.

Speaking positively about yourself.

Celebrate small wins.

Reflect on your happy memories.



For additional resources visit us at RivCoSPC.org



Ms. A shared, thank you for thinking of me, it makes me feel special. "

