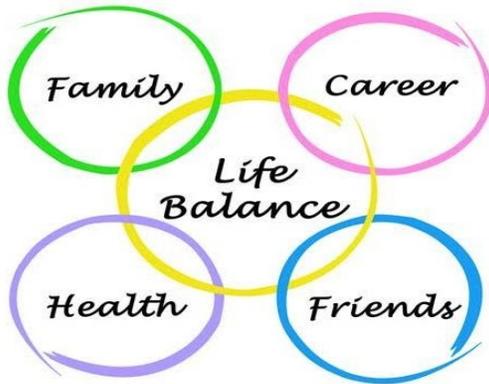


PCIRC

Plumas Crisis Intervention & Resource Center

September 2016
Issue Three



“What’s Missing?”

September started with PCIRC staff participating in an presentation designed to remind us of **self-care**.

The summer was a very busy month for us at PCIRC – renovations of old sites and reconstructions of new sites, established programs getting new

touches, working with familiar as well as many new clients. Throughout all of these changes, dedicated PCIRC staff have continued to provide quality services to our communities.

Now, as September turns, we’re planning for the coming Autumn and Winter months: *Coat Drives, Thanksgiving Baskets, Christmas Angel Trees*. Squeezed in between these past and future busy times, staff had the opportunity this first Friday of the month to sit back and remember what it means to **“self-care.”** To find that balance of *gratitude, service and laughter* can be challenging for anyone in today’s hectic world. For those in the Human Services Field that provide direct services and personal care to others in need on a daily basis, it can quickly drain one’s internal reserves.

So, thanks to motivational speaker **Kevin Danaher**, PCIRC staff were gifted with the chance to take a moment to reflect on all the good things they’ve accomplished in all of the “hectic-ness” and to take a breath of “Wow,” a breath of “Awe,” a breath of “Thank you.”

PCIRC thanks all of you who help us in our work – and we’re here to remind you who read this article that **self-care** can be yours, too. If you’d like to learn more about how to find that balance, please call PCIRC today at 530.283.5515. Our staff will be happy to share with you.

Johanna A. Downey, Executive Director

From The Director's Desk

When It Comes To Sex...ALL PEOPLE Have Rights & Responsibilities!

These apply no matter what your gender, sexual orientation, or what kind of relationship you have (or don’t have) with your sexual partner.

While the choice you make about sex may change your life, your **rights** and **responsibilities** stay the same!

You Have The Right

- To be treated as an equal.
- To talk openly about how you feel, what you want, and what you don’t want.
- To say “**NO**”, even while having sex or even if you have sex before.
- To choose to not have sex or to not have certain kinds of sex.
- To have safer sex. This can mean using condoms, using birth control and/or doing lower-risk sexual activities.

To know if your partner has any STIs (Sexually Transmitted Infections).

To change your boundaries.

To leave (the room, the date, the relationship).

You Have The Responsibility

To treat your partner as an equal.

To check-in with your partner, and to listen to, and respect what they say.

To stop if your partner says “**NO**”.

To not pressure or force your partner sexually.

To respect your partner’s choices.

To get tested for STIs and to be honest about your STI status.

To respect your partner’s boundaries.

To let your partner leave.

For more information on Sexual Rights & Responsibilities, please call The Rape Crisis Center 530.283.5515

Plumas Crisis Intervention & Resource Center @ 591 Main Street, Quincy, California 95971 M-F 9am-5pm
530.283.5515-ph / 530.285.3539-fax / www.PCIRC1.org



HAPPENINGS

Sept 7 - 6:00pm

Community Supper
282 Jackson Street

Sept 8 - 4:30pm

Farmers Market Booth

Sept 12 - 9:30-11:30am

Vulnerability of Aging by A. Gaudet
Vets Hall

**Sept 16 - 8:30am-Sign-up/
12:00pm-Pick-up**

C.A.N.N. Perishables Distribution

Sept 20 - 10:00am Pick-Up

C.A.N.N. Commodities Distribution
176 Lawrence Street

Sept 22 - MHSA RSVP 530.283.6307

Sept 22 - CASA Training 530.283.5515

Need help stretching your food budget?

You may qualify for **CalFresh**. To learn more, please stop by and see us at 591 West Main, Quincy



Drop-in Assistance Services include:

- *Application Help
- *Eligibility Prescreen
- *Appeals Assistance
- *Required Verifications
- *Interview Preparation
- *Helpful Materials
- *Questions Answered
- *Recertification Help

24/7 Dad[®] is a unique set of programs designed to equip fathers with the self-awareness, compassion, and sense of responsibility that every good parent needs. It focuses on building the man first and the father second. There's a group here in Greenville!

To participate call

530.284.1560.

Facilitated by Scott Cash, *National Fatherhood Initiative.*

PROGRAM ORIENTATION

Court Appointed Special Advocates are specially trained volunteers who are appointed by a judge to advocate for an abused, neglected or abandoned child.



Find out how you can make a difference in the life of a child.

For more information: 283-2227 or 283-5515

Thursday Sept. 22nd, 2016 5:30pm-6:30pm

591 Main Street Quincy

plumascasa@pcirc.com

A program of Plumas Crisis Intervention & Resource Center

Opioid Abuse In Plumas County

Plumas County has a problem: opioid addictions and unfortunately, overdoses. So what is the county doing to resolve and prevent this problem?

Representatives from five counties have gathered for their second meeting (8/17) of the Northern Sierra Opioid Safety Coalition. This coalition was formed in January to deal with opioid abuse after alarming rates of overdoses were documented in the North State, particularly in Plumas County, which topped all other counties in terms of deaths per population.

What are opioids? Opioids include hydrocodone, oxycodone, morphine, codeine, and Fentanyl. Other names you may recognize, Vicodin, Percocet, and OxyContin, along with many others.

These drugs are prescribed for pain, and while there is an attempt to ensure that

physicians aren't over-prescribing, there is concern that the pendulum doesn't swing so far that people who need pain relief don't suffer.

The coalition has formed three action teams: safe prescribing, medication assisted treatment, and Naloxone access.

Naloxone is a drug that can counteract the effects of an opioid overdose. This drug is only effective on opioids and not on other drugs. As Meagan Miller said, who works for public health and is the team leader for Naloxone, "It is safe to have Naloxone in the house." The county has received 100-doses that are now being assembled into kits that can be distributed to at-risk youth and others. Local law enforcement is being encouraged to carry it in their patrol cars.

The good news is that Andrew Woodruff, a public health employee, said that

local efforts have already resulted in a reduction in opioid-related overdoses. However, while opioid use and abuse may be trending down, heroin use is on the rise. "That has been an unintended consequence," said Dr. Mark Satterfield, from Eastern Plumas District Hospital.

Bottom line: check your prescriptions. Make sure you're taking them as directed and if you are experiencing any difficulty with your prescriptions, see your doctor right away. It is possible to accidentally overdose, so be aware of what drugs you are taking and how they will effect other drugs when taken together. Keep on top of your prescriptions and keep the conversation going with your doctors.

For more information on opioid addiction, contact the PCIRC at 530.283.5515.



JOIN US! Learn how the CA Mental Health Service Act (MHSA)

benefits OUR Community...share your ideas on how we can make mental health services better!

DINNER WILL BE PROVIDED EVERYONE IS INVITED!

Wednesday, September 28, 2016

5:30pm - 7:30pm

Quincy Veterans' Hall

274 Lawrence Street, Quincy CA

RSVP: September 22

Aimee Heaney @ 530.283.6307

PCIRC Wellness Centers

PORTOLA:

Portola Family Resource & Wellness Center

165 Ridge Street 530.832.1827

Monday-Thursday: 9am-5pm

INDIAN VALLEY/GREENVILLE

Indian Valley Family Resource & Wellness Center

209 Crescent Street 530.284.1560

Monday-Thursday: 9am-2pm

CHESTER

Chester Family Resource & Wellness Center

372 Main Street 530.258.4281

Monday-Friday: 9am-2pm