



What's Happening This Month

- Sept 17 Food, Blues & Views Concert**
6:00pm / Sierra Valley Farms
- Sept 22 Veteran's Support Group**
4pm / PFRC
- Sept 21 MHSA Dinner RSVP**
530.283.6307
- Sept 22 CASA Training-Quincy**
591 W. Main - 530.283.5515
- Every Tues Tai Chi 5:00pm-6:30pm**
EPHC-Education Center
- Every Thurs CoDA Meeting 6pm / PFRC**
- Every Thurs Tai Chi 5:00pm-6:30pm**
EPHC-Education Center
- Every Thurs Veteran's Representative**
will be at the PFRC to assist
veteran's with any issues.

Alcoholics Anonymous Meetings

- Sunday & Friday 8:00pm - 9:00pm**
 - Monday-Wednesday 7:00pm - 8:00pm**
- Meeting at the PFRC, 165 Ridge Street.
For more information on any of these
events, please call 530.832.1827

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

**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.

You Have The Right & The Responsibility!

**For more information on Sexual Rights & Responsibilities,
please feel free to call Michelle Ridley at 530.832.1827.**



Join us to learn how the CA Mental Health Services Act (MHSA) benefits our community.
Share your ideas on how we can make mental health services even better!



Dinner will be provided.

- WHO:** YOU and all community residents (MHSA Stakeholders) and Plumas County Department of Behavioral Health Staff
- WHEN:** Tuesday, September 27, 2016: 5:30p.m. - 7:30p.m.
- WHERE:** Eastern Plumas Health Care-Education Room - 500 1st Avenue, Portola, CA
- WHY:** Plumas County Behavioral Health would like your feedback and input on the Plumas County MHSA Annual Update: what we're getting right & how we can improve access, service, & program that benefit the community.
- R.S.V.P.:** FOR DINNER, please RSVP to Aimee Heaney @ 530.283.6307 by Sept. 21, 2016.

PREVENTING TEEN SUICIDE

What are the warning signs of depression or suicide?

Changes in activities such as

- ◆ A drop in grades or school performance
- ◆ Neglect of personal appearance
- ◆ Neglect of responsibilities

Changes in emotions, such as

- ◆ Appearing or talking about feeling sad, hopeless, bored
- ◆ Having outbursts, severe anger
- ◆ Appearing or talking about feeling more anxious or worried

Changes in behavior, such as

- ◆ Getting in trouble, being rebellious, aggressive, or impulsive
- ◆ Running away or threatening to
- ◆ Withdrawing from friends or family
- ◆ Having a change in friends
- ◆ Eating or sleeping less or more
- ◆ Loss of interest in activities
- ◆ Substance abuse
- ◆ Hurting oneself such as cutting
- ◆ Talking or writing about suicide or Death

What are the Myths and Facts of Youth Suicide?

MYTH: Teens who kill themselves are obviously depressed. **FACT:** It's not always obvious. Parents are sometime "the last to know".

MYTH: People who talk about suicide do not do it. **FACT:** Teens who talk about suicide or wanting to runaway, get away, disappear, or end it are much more likely to kill themselves than those who do not. Talk of suicide or death should be responded to right away!

MYTH: Low lethality suicide attempts may be dismissed as "a cry for help" or "if he really wanted to kill himself, he would have done something more lethal." **FACT:** A low lethality attempt, such as taking a small number of pills may be followed by more lethal behavior at a later time. Suicide attempts SHOULD be taken very seriously with swift safeguarding and intervention.

MYTH: "She's just doing it to get attention." **FACT:** This IS true at times, BUT the behavior can still be lethal. A teen not intending to die may still take too many pills or miscalculate when someone will rescue her.

So what can YOU do?

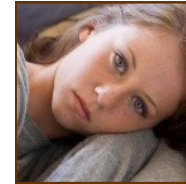
- ◆ Get Help Right Away!
- ◆ Listen to you Teen!
- ◆ Express understanding & support
- ◆ Talk with your teen's doctor
- ◆ Remove Firearms From The Home!

Remember that family support and professional treatment can help teens who are at risk!

Plumas/Sierra County Crisis Line:

530.283.4333

Toll-Free at 1.877.332.2754



National Suicide LifeLine:

1.800.273.8255

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. An on-going group is available in Portola. To participate call 530.832.1827.



Facilitated by Scott Cash, National Fatherhood Initiative.

Veteran's Support Group

A new group has formed in Portola, and if you are a Veteran, then this group is just for you. For more information call 530.832.1827 today.



It may be the best phone call you can make!

Need help stretching your food budget?



You may qualify for **CalFresh**.

To learn more, please stop by and see us at 165 Ridge Lane, Portola or call the office at 530. 832. 1827.

Drop-in Assistance Services include:

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

Call Today! We're Here To Help You!

Portola Family Resource Center - A PCIRC Wellness Center, Portola California
165 Ridge Street, Portola, CA 96122 Monday-Friday 9am to 5pm (Summer Hours)

530.832.1827-ph

530.832.1829-fx

PCIRC1.com

FaceBook: Portola Family Resource Center