



# Chester Family Resource & Wellness Center Community Newsletter

September 2016

Issue #1

**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:** Wednesday, October 5, 2016: 5:30p.m. - 7:30p.m.
- WHERE:** Almanor Recreation Center: 102 Meadowbrook Loop, Chester, 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. 29, 2016.

## It's Been A Long Time Coming...

Plumas Crisis Intervention & Resource Center received a grant earlier this year to facilitate and open 4-wellness centers from Portola to Chester.

Beginning September 6<sup>th</sup>, the Chester Family Resource & Wellness Center was opened by Site Supervisor, Charla Rush. Days and hours currently are Tuesdays and Wednesdays from 9am to 3pm.

What is a Family Resource & Wellness Center? It's a place where you can come to get information and assistance on a myriad of topics from applying for CalFresh benefits such as food stamps or medical, to the 24/7 Dad<sup>®</sup> program, designed for men who are or about to become dads.

The Resource Center assists with homeless prevention and rapid re-housing when funding is available. If qualified, we can assist with applying for HEAP & the REACH programs for utility payment assistance.



The Resource Center provides children in the juvenile dependency system with Court Appointed Special Advocates (CASA). And PCIRC hosts an emergency transitional housing model for Plumas & Sierra County teens and young adults aged 15-24.

On-site in Chester, Behavioral Health will meet with clients, Public Health will provide valuable classes on nutrition and getting the most for your buck with grocery shopping. Alcohol & Drug counselors will be available also on site, along with the Business Career Network, assisting in resume writing, job interviewing, and getting that all

important job.

### Need Someone To Talk To?

The Resource Center has Family Advocates on staff to talk with you and assist you in a time of crisis and afterwards.

We can also assist answering questions you may have about social security, veterans benefits, or other agencies with which you are working.

### In crisis?

The Resource Center has a 24-Hour Crisis Hot Line: **1.877.332.2754.**

### Have You Been Sexually Assaulted?

Call **1.877.215.7273.**

Remember, the Chester Family Resource & Wellness Center is here for YOU and YOUR FAMILY. We're open Tuesdays and Wednesdays from 9am to 3pm, and we would love to show you the new office and the plans we have for Phase II. **Come By and Say Hello!**

## Chester Community Events

**September 17 Great Sierra River Clean-Up**  
Chester High School Student Parking-9am

**September 22 CASA Training-Quincy** (530.283.2227/283.5515)

**September 26 Community Supper**

**September 29 MHSA Dinner RSVP Deadline**  
530.283.6307

**For more information on any of these events, please call 530.258.4281.**

**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 new group forming now in Chester!

To participate call 530.258.4281  
Facilitated by Scott Cash, National Fatherhood Initiative.



**CASA**

Court Appointed Special Advocates  
**FOR CHILDREN**

**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



**Need help stretching your food budget?**

You may qualify for **CalFresh**. To learn more, please stop by and see us at 209 Crescent Street, Greenville or call the office at 530.258.4281.

Drop-in Assistance Services include:

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

**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 wanters 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:** "He'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**



**Chester Family Resource & Wellness Center**  
A PCIRC Wellness Center, -Chester, California  
372 Main Street, Chester, California 96020  
530.258.4281-phone CharlaRush.PFRC@yahoo.com  
Tuesdays & Wednesdays 9:00am to 3:00pm