

Portola Family Resource Center Portola Point of View November 2016

Issue #6



REMEMBER TO
Set Your Clocks Back!



**FALL
BACK
November
6th!**

What's Happening This Month

November 11 Veterans' Day
November 24 Thanksgiving!

PFRC Offices Will Be Closed

No meetings will be held on 11/11 or 11/24
EXCEPT AA Meetings - they will meet.

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

Sex, Communication, And Respect

At PCIRC's Rape Crisis Center, we have been doing a series of informational articles in an effort to continue to educate the community about their rights and responsibilities when it comes to sex and intimacy.


In September we talked about when it comes to sex, you need to communicate. It is critical that you ask - **AND LISTEN** to the answer-in all sexual situations.

Remember, if you are forced to do something you don't want to do, it is not your fault! Everyone deserves to be treated with Respect!

In October it was about **Your Rights & Responsibilities** and when it comes to sex...**ALL PEOPLE** have Rights and Responsibilities!

Holiday Food Drive Oct - Nov 2016

Portola Family Resource & Wellness Center is collecting food for our holiday food baskets. These baskets will go to community members in need. Here's how YOU can help...
Donate Thanksgiving foods until November 18th at any of the following locations:
QUESTIONS? Call 530.832.1827 & speak with Christy or Michelle.



Accepting Perishables
ONLY at PFRC Office
beginning October 18th until
November 18th

PFRC- 165 Ridge Street
Les Schwab, Leonard's,
The REC, Plumas Bank,
EPHC, The Pharmacy,
New-To-You,
Feather River Co-Op,
Family Corner Diner,
City of Portola

Sponsored by Plumas Crisis Intervention & Family Resource & Wellness Centers: 530.283.5515 for more info.

NEW WINTER HOURS BEGINNING NOVEMBER 7th!

Monday through Friday, 8am to 4pm

(The 1st Friday of each month: 2pm to 4pm)

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!

This month, it's all about Sex, Communication, and Respect.

Silence doesn't mean YES!

Don't rely on body language. It is too easy to misunderstand.

Ask your partner if he or she wants to go further. Give your partner time to think about it and answer. This says, "You can trust me. I respect you."

When you ask about something specific - for example, "Do you want a back rub?" - And the person says,

"Yes," that's **ALL** he or she is agreeing to.

Someone who is younger or less experienced may not know how to say "NO" clearly or directly. If the person you are with doesn't say yes clearly, pulls away, or looks scared, then stop.

Everyone deserves respect...

When it comes to intimacy and sex, everyone deserves respect and safety. Whether it's kissing, touching, or something more, both people need to choose what they want and when to stop.

If you need to talk with someone, call Michelle Ridley at 530.832.1827. We're here to listen. We're here to inform. We're here to help-

November is National Runaway Prevention Month

Why Do Young People Become Homeless in America?

The vast majority of youth do not become homeless by choice. Many different factors contribute to youth homelessness, but studies suggest that there are common paths to homelessness for young people. The majority of homeless youth have either run away, been kicked out of unstable home environments, abandoned by their families or caregivers, involved with public systems (foster care, juvenile justice, and mental health), or have a history of residential instability and disconnection.

How Many Homeless Youth Are In America?

The current data is limited. National estimates have found that 1.3 to 1.7 million youth experience one night of homelessness a year with 550,000 youth being homeless for a week or longer. However, we do not have current national data because no government or philanthropic entity has invested in current, national data. The most accurate data available is of school-aged homeless youth who are still attending public schools, which does not give a complete picture of the extent of youth homelessness in America, but is important regular and national data. Also, because of the reasons why youth are homeless and their desire not to become ensnared in either the child welfare or criminal justice system, many young people hide their homelessness and do not disclose their living situation even if

asked directly, which makes it challenging to know the true number of youth experiencing homelessness.

What Happens to Homeless Youth in America?

Young people are extremely resilient and able to heal from severe trauma and go on to live healthy and full lives—if they are able to access housing, basic life needs, connections to caring and supportive adults, and have access to education, workforce development and long-term employment. Depending on what the young person experienced before becoming homeless and their length of time homeless, there is a wide range of physical, mental, emotional and behavioral issues have been shown to develop as a result of youth homelessness and prior traumas are at risk of becoming exaggerated.

How Can Youth Homelessness Be Prevented?

Prevention is the critical first step toward an effective community response to youth homelessness. Not all incidents of youth homelessness can be prevented, but with appropriate, targeted services, some families and youth at-risk can avoid crisis. Improving the foster care and juvenile justice systems while also increasing supports to youth and families in crisis, does prevent youth homelessness.

Often, many young people who experience homelessness had previously been involved in the foster care system, whether it was an investigation (or multiple investigations) with a finding

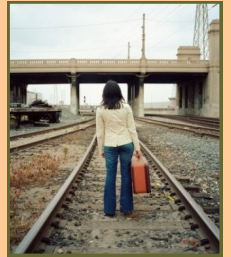
that did not rise to the level of foster care placement or a young person had been in the foster care system. If an abuse or neglect investigation has been conducted and no finding made, it is likely that the family is in crisis in some way and could benefit from additional supports and services. These are opportunities to offer preventative services. In home care and other family-focused services have been shown to be effective at preventing young people from being kicked out or running away from home.

Some community programs reach youth and their families through their schools, offering individual and family case management to prevent runaway behavior, or emergency rental assistance to families facing eviction to prevent family homelessness. Case management might also include connection to educational resources, addressing legal needs, and budgeting and financial management assistance for the youth's family. Being connected with school liaisons is also a vital step in preventing homeless youth from disconnecting from school.

PCIRC has a program to help homeless teens. **Call PCIRC at 530.283.5515 for more information on the Ohana House.**

For Peer-to-Peer Counseling, **call Michelle today at 530.832.1827 to make an appointment or just drop in.**

We're here to listen. We're here to help.



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!

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.**

Portola Family Resource Center - A PCIRC Wellness Center, Portola California

165 Ridge Street, Portola, CA 96122 Monday-Friday 9am to 5pm

530.832.1827-ph

530.832.1829-fx

www.PCIRC1.org

FaceBook: Portola Family Resource Center