

# Portola Family Resource Center

## Portola Point of View

October 2016

Issue #5



### What's Happening This Month

**Oct 27** **Veteran's Support Group**  
4pm / PFRC

**Every Thurs** **CoDA Meeting** 6pm / PFRC

**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**

### Naloxone - What Is It And Why Does PFRC Have It??

PCIRC and its Family Resource and Wellness Centers now offer Naloxone (also known as Narcan) at no cost to our clients.

**So what is Naloxone?** Naloxone blocks or reverses the effects of opioid medication, including extreme drowsiness, slowed breathing, or loss of consciousness. An opioid is sometimes called a narcotic.

Naloxone is used to treat a narcotic overdose in an emergency situation. However, this medicine should not be used in place of emergency medical care for an overdose.

Naloxone is also used to help diagnose whether a person has used an overdose of an opioid.

**On September 16th, PCIRC staff were trained by members of the Plumas County opioid coalition on how to properly administer the drug Naloxone and to teach others how to administer the drug.**



This is a new educational program for PCIRC as we roll out Family Resource and Wellness Centers, bringing yet another no-cost healthy alternative to those seeking ways to access care without stigma.

You can contact any of our Resource and Wellness center for more information on the Naloxone or call 530.832.1827.

### Sex, Communication and Respect

*Sexual Rights & Responsibilities continued from the September newsletter*

When it comes to sex, you need to communicate. It is critical that you ask - **AND LISTEN** to the answer-in all sexual situations.

If you are getting pressured...

*\*You don't have to do anything you don't want to do!*

*\*Be clear & direct. Say, "NO. I don't want to."*

*\*Avoid being alone with the person. Stay with a group or in a public place.*

*\*Afraid for your safety? Say "NO" loudly then get help!*

**\*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!**



### Mental Health Awareness Week - October 2 - 8, 2016

Established in 1990, the first full week of October observes and celebrates Mental Health Awareness Week (MHAW) in the United States.

We all experience different levels of mental health throughout our lives. In fact, half of us will deal with some type of mental health challenge over the course of our lifetime. Unfortunately, sometimes these challenges can become more serious and require more attention. However, there is good news. Recovery is also common and we can all do something to help.

We all want support systems that can

help us through challenges, like supportive relationships and safe living environments. Sometimes we have these support systems and sometimes we don't. Many of us will also experience life challenges like unemployment, or relationship issues. Regardless of what situation you may find yourself in, in wellness or not, there is help available.

There are many types of mental health challenges. Here is a list of some: *anxiety, depression, attention deficit hyperactivity disorder (ADHD), autism, post-traumatic stress disorder (PTSD), schizophrenia, and bi-polar disorder.* Some mental health

challenges can lead people to do things that hurt their bodies, such as cutting or eating disorders like anorexia or bulimia.

Only a mental health professional can say if someone has a mental illness. Everyone has good days and bad days. Just because someone has a bad day does not mean he or she have a mental illness.

If you think you or someone you know is going through a mental health challenge, it's important to speak up. Talk to a trusted friend, family member, or professional. Don't know where to start? **Call 530.832.1827 for help and information.**

**24/7 Dad<sup>®</sup>** 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.**



great program and assistance during this construction phase. Stop by today to see the changes!

**LOOK AT ALL THE IMPROVEMENTS AT THE PFRC!**

You may have noticed all the changes inside and outside of the PFRC building in the past few months. As the PFRC evolves into a Family Resource and Wellness Center, much-needed facelifts have occurred: ADA parking and sidewalk installation is complete. Internal ADA renovations are in progress. The PFRC continues to offer

**PCIRC REQUESTS DONATION FOR THANKSGIVING BASKETS**

It's that time of year again when PCIRC and it's Family Resource & Wellness Centers start collecting donations of food for our community Thanksgiving Baskets distributed to our clients. At PFRC we can take turkey donations anytime as we now have a freezer to accommodate them.

For more information on how you can participate, call 530.832.1827 and speak with Christy.



**SUPPORT OUR VETERANS**

**VETERANS ASSISTANCE**

Our mission is to represent, refer, and assist veterans and their dependents in obtaining compensation, pension, education benefits, life insurance, medical treatment, home loans, California State Veterans benefits, burial benefits, discharge upgrades, and employment referrals.

Please contact 530.283.6275, 530.283.6272 or Toll Free @ 1.800.802.6330 for information or to set an appointment.

**A Veteran's Representative is at the PFRC each Thursday from 9am to 4pm. Drop in any time on Thursdays - we'd love to see you!**

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!**



**Halloween Safety Tips for Parents**

Everyone loves a good scare on Halloween, but NOT when it comes to child safety. These are several easy and effective behaviors that parents can share with kids to help reduce their risk of injury.

**Here's a Hard Fact: On average, children are more than twice as likely to be hit by a car and killed on Halloween than on any other day of the year!**



- #1: Decorate costumes & bags with reflective tape or stickers and choose light colored costumes. Use masks that don't obstruct a child's vision...try non-toxic facepaints.
- #2: When selecting a costume, make sure it is the right size to prevent trips and falls.
- #3: Have kids use glow sticks or flashlights to help them see and be seen by drivers.
- #4: Children under the age of 12 should not be alone at night without an adult supervision.
- #5: Popular trick-or-treating hours are 5:30pm to 8:30pm so be especially alert for kids during those hours.

**With a little forethought, Halloween can be fun and safe for everyone!**

**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

www.PCIRC1.org

FaceBook: Portola Family Resource Center