

From The Director's Desk

Johanna A. Downey, Executive Director

The week of October 2nd through the 8th is National Mental Health Awareness Week. This month, PCIRC is offering some basic statistics on Mental Health (courtesy of the National Association of Mental Illness, or NAMI) and its effects on all of us:

Prevalence of Mental Illness

- Approximately 1 in 5 adults in the U.S.—43.8 million, or 18.5%—experiences mental illness in a given year.¹
- Approximately 1 in 25 adults in the U.S.—10 million, or 4.2%—experiences a serious mental illness in a given year that substantially interferes with or limits one or more major life activities.²
- Approximately 1 in 5 youth aged 13–18 (21.4%) experiences a severe mental disorder at some point during their life. For children aged 8–15, the estimate is 13%.³
- 1.1% of adults in the U.S. live with schizophrenia.⁴
- 2.6% of adults in the U.S. live with bipolar disorder.⁵
- 6.9% of adults in the U.S.—16 million—had at least one major depressive episode in the past year.⁶
- 18.1% of adults in the U.S. experienced an anxiety disorder such as posttraumatic stress disorder, obsessive-compulsive disorder and specific phobias.⁷
- Among the 20.2 million adults in the U.S. who experienced a substance use disorder, 50.5%—10.2 million adults—had a co-occurring mental illness.⁸

Social Stats

- An estimated 26% of homeless adults staying in shelters live with serious mental illness and an estimated 46% live with severe mental illness and/or substance use disorders.⁹
- Approximately 20% of state prisoners and 21% of local jail prisoners have “a recent history” of a mental health condition.¹⁰
- 70% of youth in juvenile justice systems have at least one mental health condition and at least 20% live with a serious mental illness.¹¹
- Only 41% of adults in the U.S. with a mental health condition received mental health services in the past year. Among adults with a serious mental illness, 62.9% received mental health services in the past year.⁸
- Just over half (50.6%) of children aged 8-15 received mental health services in the previous year.¹²

- African Americans and Hispanic Americans used mental health services at about one-half the rate of Caucasian Americans in the past year and Asian Americans at about one-third the rate.¹³
- Half of all chronic mental illness begins by age 14; three-quarters by age 24. Despite effective treatment, there are long delays—sometimes decades—between the first appearance of symptoms and when people get help.¹⁴

Consequences of Lack of Treatment

- Serious mental illness costs America \$193.2 billion in lost earnings per year.¹⁵
- Mood disorders, including major depression, dysthymic disorder and bipolar disorder, are the third most common cause of hospitalization in the U.S. for both youth and adults aged 18–44.¹⁶
- Individuals living with serious mental illness face an increased risk of having chronic medical conditions.¹⁷ Adults in the U.S. living with serious mental illness die on average 25 years earlier than others, largely due to treatable medical conditions.¹⁸
- Over one-third (37%) of students with a mental health condition age 14–21 and older who are served by special education drop out—the highest dropout rate of any disability group.¹⁹
- Suicide is the 10th leading cause of death in the U.S.,²⁰ the 3rd leading cause of death for people aged 10–24²¹ and the 2nd leading cause of death for people aged 15–24.²²
- More than 90% of children who die by suicide have a mental health condition.²³
- Each day an estimated 18-22 veterans die by suicide.²⁴

To read more about this article, including citations, please visit NAMI's website at:

[http://www.nami.org/Learn-More/Mental-Health-by-the-Numbers#sthash.umab64yT.dpuf ...](http://www.nami.org/Learn-More/Mental-Health-by-the-Numbers#sthash.umab64yT.dpuf...)

or call 530. 283. 5515 for more info today.





HAPPENINGS

October 5 - 6:00pm

Community Supper
282 Jackson Street

Oct 18 - 10:00am Pick-Up

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

Oct 21 - 8:30am-Sign-up/

12:00pm-Pick-up

C.A.N.N. Perishables Distribution

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.

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

Naloxone - What Is It And Why Does PCIRC 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 are 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. This medicine should not be used in place of emergency

medical care for an overdose, however. 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 Family Resource and Wellness Centers for more information on Naloxone or call 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



Keeping Our Kids Safe on Halloween

It's Halloween and time to remind ourselves how to make this Halloween safe for our children. Here are a few tips to remember:

- *Always be with a group.
- *Always know where your child is.
- *Stay in well lit areas.
- *Don't go into a stranger's house.
- *Wear a costume easy to see
- *Stay in the neighborhood you know.
- *Look both ways before crossing the street.
- *Don't roughhouse near lit jack-o-lanterns.

Following these simple guidelines will help keep children safe on this scary night!

Prepare for the unexpected. Carry a cell phone and a flashlight. And HAVE FUN!

PCIRC IS ACCEPTING DONATIONS!

With Thanksgiving right around the corner, PCIRC's Family Resource & Wellness Centers will be collecting canned goods, along with Thanksgiving dinner foods. You will see various containers throughout Plumas County waiting for your contribution.

Or you can come to the Quincy office with your donations: 591 West Main Street. Questions? Call 530.283.5515 for more information. We also accept turkeys!



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