



Northern Valley
Catholic Social Service, Inc.
INSPIRING HOPE & TRANSFORMING LIVES

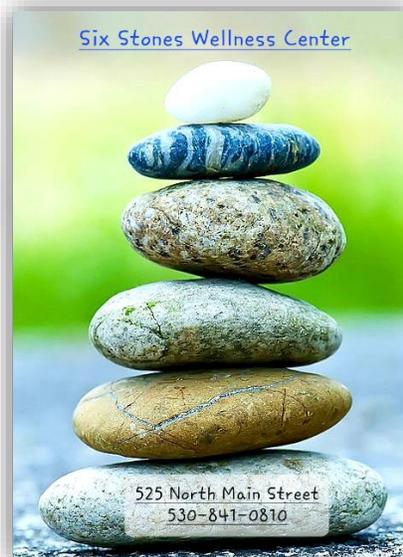
HELLO FRIENDS, COMMUNITY PARTNERS AND MEMBERS

Six Stones Wellness Center is happy to welcome the warm weather and more outdoor activities. May is Mental Health Awareness Month, it is a great opportunity to get outside and be active. There are so many activities available in beautiful Siskiyou County, we are surrounded by lakes, rivers, valleys and captivating mountain views. "Research shows a link between exposure to nature and stress reduction. Stress is relieved within minutes of exposure to nature as measured by muscle tension, blood pressure, and brain activity. Time in green spaces significantly reduces your cortisol, which is a stress hormone. Nature also boosts endorphin levels and dopamine production which promotes happiness."

<https://www.ontarioparks.com>

Go hiking, swimming, kayaking, rafting, or backpacking, it will benefit your physical health, and your mental health as well.

We will be planning an outing to Lake Siskiyou soon, we hope to see you at our next Members Meeting for the organizing process.



HAPPENINGS IN MAY

We have many things planned for the month of May. May monthly observations National Day Calendar has so much wonderful content it was difficult to choose. To celebrate Cinco de Mayo we will have salsa & chips. On May 27th we will be hosting a BBQ, to observe National Hamburger, Salad & Strawberry month. In recognition of Memorial Day we take this opportunity to mourn and honor veterans who have served our country. We thank you & your families for your service.



Our primary focus will be on National Mental Health Awareness and Foster Care. Two very important issues that many in our small community have encountered. Statistics show that 1 in 5 Americans live with some mental health condition. Our goal at Six Stones Wellness Center is to help stop the stigma of mental illness.

9 Ways to Fight Mental Health Stigma

- Talk openly about mental health
- Educate yourself and others
- Be Conscious of language
- Encourage equality between physical and mental illness
- Choose empowerment over shame
- Be honest about treatment

Continued on page 2

9 Ways to Fight Mental Health Stigma

OCT. 11, 2017

By Luna Greenstein



Most people who live with mental illness have, at some point, been blamed for their condition. They've been called names. Their symptoms have been referred to as "a phase" or something they can control "if they only tried." They have been illegally discriminated against, with no justice. This is the unyielding power that stigma holds.

Stigma causes people to feel ashamed for something that *is* out of their control. Worst of all, stigma prevents people from seeking the help they need. For a group of people who already carry such a heavy burden, stigma is an unacceptable addition to

their pain. And while stigma has reduced in recent years, the pace of progress has not been quick enough.

All of us in the mental health community need to raise our voices against stigma. Every day, in every possible way, we need to stand up to stigma. If you're not sure how, here are nine ways our [Facebook community](#) responded to the question: "How do you fight stigma?"

Talk Openly About Mental Health

"I fight stigma by talking about what it is like to have bipolar disorder and PTSD on Facebook. Even if this helps just one person, it is worth it for me." – Angela Christie Roach Taylor

Educate Yourself and Others

"I take every opportunity to educate people and share my personal story and struggles with mental illness. It doesn't matter where I am, if I over-hear a conversation or a rude remark being made about mental illness, or anything regarding a similar subject, I always try to use that as a learning opportunity and gently intervene and kindly express how this makes me feel, and how we need to stop this because it only adds to the stigma." – Sara Bean



Be Conscious of Language

"I fight stigma by reminding people that their language matters. It is so easy to refrain from using mental health conditions as adjectives and in my experience, most people are willing to replace their usage of it with something else if I explain why their language is problematic." – Helmi Henkin



MENTAL HEALTH AWARENESS MONTH

Encourage Equality between Physical and Mental Illness

“I find that when people understand the true facts of what a mental illness is, being a disease, they think twice about making comments. I also remind them that they wouldn't make fun of someone with diabetes, heart disease or cancer.” – Megan Dotson

Show Compassion for Those with Mental Illness

“I offer free hugs to people living outdoors, and sit right there and talk with them about their lives. I do this in public, and model compassion for others. Since so many of our homeless population are also struggling with mental illness, the simple act of showing affection can make their day but also remind passersby of something so easily forgotten: the humanity of those who are suffering.” – Rachel Wagner

Choose Empowerment over Shame

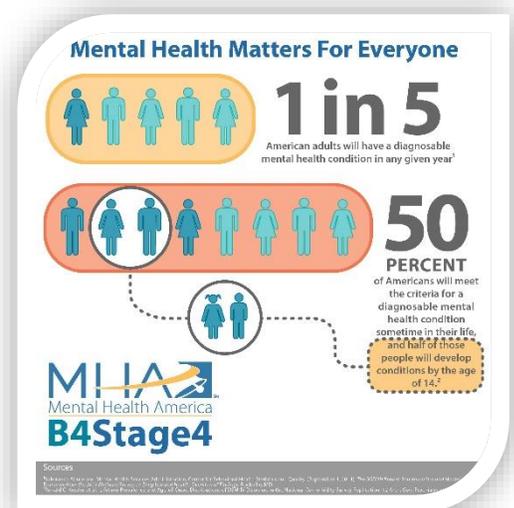
“I fight stigma by choosing to live an empowered life. To me, that means owning my life and my story and refusing to allow others to dictate how I view myself or how I feel about myself.” – Val Fletcher

Be Honest About Treatment

“I fight stigma by saying that I see a therapist and a psychiatrist. Why can people say they have an appointment with their primary care doctor without fear of being judged, but this lack of fear does not apply when it comes to mental health professionals?” – Ysabel Garcia

Let the Media Know When They're Being Stigmatizing

“If I watch a program on TV that has any negative comments, story lines or characters with a mental illness, I write to the broadcasting company and to the program itself. If Facebook has any stories where people make ignorant comments about mental health, then I write back and fill them in on my son's journey with schizoaffective disorder.” – Kathy Smith



Don't Harbor Self-Stigma

“I fight stigma by not having stigma for myself—not hiding from this world in shame, but being a productive member of society. I volunteer at church, have friends, and I'm a peer mentor and a mom. I take my treatment seriously. I'm purpose driven and want to show others they can live a meaningful life even while battling [mental illness].” – Jamie Brown

This is what our collective voice sounds like. It sounds like bravery, strength and persistence—the qualities we need to face mental illness *and* to fight stigma. No matter how you contribute to the mental health movement, you can make a difference simply by knowing that mental illness is not anyone's fault, no matter what societal stigma says. You can make a difference by being and living **StigmaFree**.

Laura Greenstein is communications coordinator at NAMI.

Note: An earlier version of this blog appeared on NAMI.org in October 2015.

At Six Stones Wellness Center we work to create an environment that is stigma free and welcoming to the diverse population that makes up Siskiyou County. At times, wellness centers may draw those who are seeking opportunities to find substances or people who can provide substances to manage their addictions and mental health challenges. Our staff & management are making concerted efforts to protect those seeking to focus on recovery and wellness by enforcing the rules & policies at SSWC. If members appear to be under the influence of a substance they are asked to leave the premises. We would like to convey to our community that we provide a safe space for guests and members to work on their mental health wellness and sobriety, without the fear of relapse. Our members sign a Members Rights, Rules and Responsibilities Agreement which states;

BE KIND AND RESPECTFUL

- * Language is a key to a safe and respectful environment. Swearing, loud, and disruptive conversations, discussion of drug and alcohol or other topics that can people are not allowed.
- * No sexually inappropriate behavior or discussions allowed-this includes conversations or discussions that make others uncomfortable. Think before you speak.
- * Respect personal boundaries. Ask before hugging or touching someone.
- * Public displays of romantic and physical affection are not appropriate at SSWC.

THIS IS A DRUG AND ALCOHOL FREE ZONE: Please respect the sobriety of others. There is no tolerance for:

- * Coming to SSWC under the influence of alcohol or illegal drugs.
- * Romanticizing conversations about alcohol or illegal drugs.
- * Drug and/or paraphernalia possession.
- * Solicitation of drugs.

EVERYONE HAS THE RIGHT TO FEEL SAFE

- * There is **NO TOLERANCE** for threats of violence, verbal and physical assaults.
- * SSWC is a weapon free zone. If you bring guns or other weapons you will be asked to leave immediately. Authorities may be called.

Continued from page 4

*If the safety of anyone is in question immediate action will take place to restore safety. This includes asking individuals to leave the center.

* IF you feel unsafe, uncomfortable or if you have concerns about another person please speak with a staff member at any time.

CONSEQUENCES FOR BREAKING THES RULES

*If staff observes you not following these rules they will ask you to stop the behavior.

* If the inappropriate behavior continues you will be asked to leave for a period of time determined by staff. If asked to leave you will need to meet with SSWC management before returning.

* If you are asked to leave multiple times or violate a “NO TOLERANCE” rule, you will be required to complete a behavior contract with staff. Continued violation of the rules will result in either a suspension of up to six months or a possible permanent expulsion from SSWC.

Please feel free to share this information with your clients and reassure them that as a team at Six Stones Wellness Center we are continuing to enforce our program rules and polices while ensuring a safe space for everyone we welcome into our center. Our focus is on Six Stones Wellness Centers and NVCSS’s Core Values; INTEGRITY, RESPONSIBILITY, RESPECT, RESILIENCY, & HOPE.



Up to 80 percent of children in foster care experience significant mental health issues, compared to approximately 18-20 percent in the general population.

Source: CASA of Atlantic & Cape May Counties (NJ), The Effects of Foster Care on Mental Health

ProjectMMH.org

#MeetMeHalfway

Children in the foster care system have early history of trauma, such as parental incarceration, exposure to domestic violence, parental substance abuse, and parental mental illness. Entry into foster care is the ultimate adverse childhood experience (ACES). ACES factors; physical abuse, sexual abuse, verbal abuse, physical neglect, emotional neglect, family member with depression or other mental

health diagnosis, family member with substance abuse, a family member that is incarcerated. With the opportunity to be placed in a loving & supportive foster home, families can build “protective factors” in children and create a shield to protect kids from ACES and build resilience. If you are able to foster, do, if you are able to foster to adopt, do.

“The world may not change if you adopt a child, but for that one child

their world will change.” ~ GRACIOUSQUOTES.COM

We felt like in honor of Mental Health Awareness Month, Bethany's story was worth sharing again.



Bethany's Story

I have been battling depression since I was about twelve years old. I turned to self-harm as a way of coping with my feelings and I have struggled with my mental health into adulthood. I am now twenty seven and was recently admitted to a couple of psychiatric facilities after a suicide attempt. After all these years of feeling different and alone, I was finally getting answers. I was diagnosed with bi-polar disorder. It has been an ongoing battle with finding the right medications that work for me along with therapy

once a week. I still struggle with daily life. I had been really stressed for months trying to find somewhere where I could get the support I needed so I would not end up back in an inpatient facility. A great friend recruited me to become a member of Six Stones Wellness Center and it has been amazing support! It makes my heart happy knowing we have this resource in our community. My hopes are that by sharing my story, it will encourage others to become a member & work towards their mental health wellness. They have a variety of support groups Monday through Friday 10-3; Bi-polar Coping Skills, Overcoming Depression, Suicide Prevention, Domestic Violence Support for Both Men & Women, Supporting Sobriety, Addiction Recovery, Coping with Grief, Creative Arts, Reflective Journaling, LGBTQIA+ Support and SO MUCH MORE! They have a monthly calendar you can pick up with the full schedule each month, or you can ask to be put on the email list to receive it. The staff and other members there are sweet, caring and welcoming. It is a safe environment where you can talk openly about your challenges and get the support you need. I have somewhere safe where I can talk about my mental health challenges and others understand how I feel and we talk about ways to help with my overall mental health. It is great to feel welcomed, seen & heard.

Thank you Bethany for sharing your story. You are wonderful & brave, we are so happy to have you as part of our Six Stones family.

Depression
isn't a choice,
but stigma and ignorance are.

-Matt Haig



Pictures from our April Events



OPEN HOUSE





Poetry Slam





Yreka Community Resource Center located at

201 S. Broadway Street, Yreka

Phone (530) 842-1313

- Parent Education
- Playgroups (Ages 0-5)
- Commodities Food Giveaways
- Homeless Care Management
- Mental Health Wellness
- Broadway New to You Thrift Store

Siskiyou Community Resource Collaborative is A 501 © 3 nonprofit organization



Care. Hope. Compassion.

Based on the Recovery Model, the Northern Valley Talk Line (NVTL) provides non-crisis peer-to-peer telephone service to the community

7 days a week from 4:30 pm—9:30 pm.

Someone to talk to when life presents challenges...

- Confidential
- Non-crisis
- Peer-to-peer support
- Empathetic listening
- County-wide resource referrals

Northern Valley Talk Line works in partnership with Butte County Department of Behavioral Health as well as Tehama County Health Service Agency and is funded by the Mental Health Services Act (MHSA).

Toll-Free: 855-582-5554

Talk Line does not accept calls from blocked numbers.



24-hour Advice Nurse: Not sure if you should go to the ER? Call PHC's 24-hour Advice Nurse line: [\(866\) 778-8873](tel:(866)778-8873); 24 hours a day, 7 days a week.

Mental Health and Behavioral Health: PHC's mental health and behavioral health services are covered through Beacon Health Options. To learn more about your coverage call: [\(855\) 765-9703](tel:(855)765-9703); 24 hours a day, 7 days a week.

Transportation: Need transportation call MTM: [\(888\) 826-1254](tel:(888)826-1254)

PHC's vision services are covered through Vision Services Plan (VSP). To learn more about your coverage call: [\(800\) 877-7195](tel:(800)877-7195); 5 a.m. to 8 p.m. Monday – Friday; 7 a.m. to 8 p.m. Saturday and Sunday 7 a.m. to 7 p.m.

Pharmacy Services: Pharmacy services are provided by Medi-Cal RX. For questions about your pharmacy benefit call: [\(800\) 977-2273](tel:(800)977-2273); 24 hours a day, 7 days a week, or 711 for TTY Monday - Friday, 8 a.m. to 5 p.m.

COUNTY OF SISKIYOU BEHAVIORAL HEALTH
 COMMUNITY/BEHAVIORAL HEALTH AGENCY

530-841-4100

2060 CAMPUS DR
 YREKA, CA
 96097-9538

COUNTY OF SISKIYOU BEHAVIORAL HEALTH



SISKIYOU COUNTY
 Health and Human Services Agency

818 South Main Street
 Yreka, CA. 96097
 (530) 841-2700

NATIONAL
SUICIDE PREVENTION LIFELINE 

1-800-273-TALK (8255)

suicidepreventionlifeline.org



Let's talk about addiction and mental health


 A graphic with a white circle in the center containing the text "Let's talk about addiction and mental health". The background features colorful, abstract brushstrokes in shades of blue, orange, and teal. At the bottom center, there is a small circular logo for "WELL CLINIC".

LGBTQ+ SUICIDE PREVENTION RESOURCES

IF URGENT MEDICAL ATTENTION IS REQUIRED, CALL 9-1-1

NATIONAL SUICIDE PREVENTION LIFELINE 1-800-273-(TALK) 8255 VETERANS: PRESS 1	THE TREVOR PROJECT LGBTQ+ YOUTH 1-866-488-7386 CALL, TEXT OR CHAT TheTrevorProject.org
CRISIS TEXT LINE 24/7 SUPPORT TEXT "EMM" TO 741741	SAGE LGBT ELDER HOTLINE 1-888-234-SAGE
TRANS LIFELINE TRANSGENDER COMMUNITY SUPPORT 1-877-565-8860	KNOW THE SIGNS FIND THE WORDS REACH OUT SuicidelsPreventable.org

FOR ADDITIONAL RESOURCES: EMMResourceCenter.org/collection/lgbtq 

Six Stones Wellness Center is a program of Northern Valley Catholic Social Services. Program is funded by Siskiyou County Health and Human Services Department with Mental Health Services Act Funds, Prop 63.