



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

**SIX STONES
WELLNESS CENTER**
525 N. MAIN ST., YREKA
(530) 841-0810

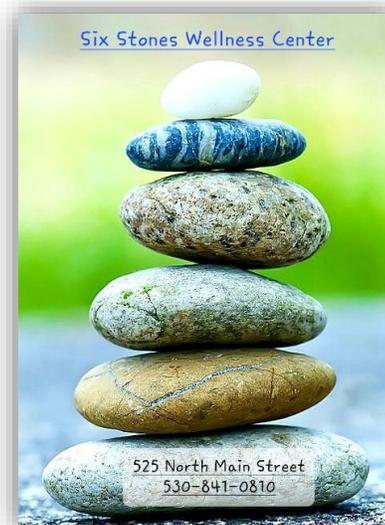
HELLO MEMBERS, FRIENDS & COMMUNITY PARTNERS

We hope everyone had a wonderful holiday with family & friends and a great start to the new year. Six Stones is eager to start the new year with positivity and offer our members opportunities for new creative ways to work on their wellness. We continue to ask our community for feedback on classes/groups/ events they would like to see at our center. We have been lucky enough to host some wonderfully talented local artists this past year to share their skills with us. We already have some lined up for the new year and hope to find more people who would like to share their special talents with us.

This month we are hosting local artist Joel Shelton who is a lifetime resident of Siskiyou County. You may know Joel from Miner Street Arthouse, one of his many partnerships with his art endeavors over the years. Joel is a tattoo artist, painter, sculptor and illustrator for a comic book co-produced with his counterparts in Canada. Joel will be hosting a class to teach participants how to create masks from papier mache'. This will be the second class Joel has lead, the first one was well received and members requested we bring him back.

We have also had the privilege of working with local artist Rajiv Hotek. You may know Rajiv from his incredible works shown at Liberty Arts, or from Nature's Kitchen. Rajiv's work is very unique and his stories are as well. We hope to have him host more classes in the upcoming months as well.

We are continuing to seek opportunities to bring in people from our community who would like to volunteer their time. Please contact us if you would like to volunteer at our center in any capacity.



JANUARY HAPPENINGS

- January 11th-Honoring Martin Luther King, Jr.
- January 13th- Making papier mache' masks with Joel Shelton @ 12pm
- January 18th-Poetry Slam
- January 25th-Fieldtrip to Greenhorn Park/Making bird houses
- RSVP for events/transportation available, but limited.

Meet our New Supervisor at Six Stones Wellness Center

Bio by Eric Parsons

My name is Eric Parsons and I am thrilled to be joining the NVCSS family as the new Supervisor for Six Stones Wellness Center! I was born, raised, and spent most of my life in and



near Seattle. I began my career in Early Childhood Education working for many years as a Lead Preschool Teacher, Coach/Mentor, and ABA Therapist. I eventually stepped into Educational Administration and have been working in leadership roles for a variety of non-profits for many years now. In my time away from work, I am an avid fan of hiking, fishing, snowshoeing, kayaking, and nearly everything else that the great outdoors has to offer. In the colder, darker, wetter, and generally less active months, I tend to lean into my love for yoga to boost my physical and mental well-being. As the former owner of an urban farm in Seattle, it goes without saying that I am a huge gardening fanatic and love growing my own food. As gardening and pollination invariably go hand-in-hand, I have been a Master Beekeeper for the past 10 years and have an active apiary at home. I look forward to working with the staff and members of Six Stones to provide an

exemplary level of peer support to our community in the coming years. Thank you for the warm welcome and reception to my new position and the NVCSS family!



We are so excited to have Eric on our team all of the incredible skills and talents that he brings with him. In the Spring we will be creating a gardening space with members, and volunteers with Eric being our lead. We also hope to offer some opportunities to learn more about bee keeping. Eric is a great fit to our Six Stones family and many of our members have already expressed what an asset he is. We whole heartedly agree. If you have not already done so, please come in and meet him. Ask him about one of his many hobbies he is passionate about and get to know our wonderful new supervisor.

FREEDOM: THE DREAM OF DR. MARTIN LUTHER KING, JR.



LOS ANGELES, CA

18 January 2011

**Dr. Martin Luther King, Jr.,
champion of human rights.**

January 17, 2011, marks the 25th anniversary the first observance of Martin Luther King Jr. Day as a U.S. federal holiday.

Dr. King was a driving force for nonviolent activism in the U.S. civil rights movement of the 1950s and 1960s. From 1957 to 1968, he traveled 6 million miles, gave 2,500 speeches and led peaceful pickets, protests and marches that opened the eyes of the world to injustices in America. Through leadership positions in the NAACP and Southern Christian Leadership Conference, Dr. King's actions were instrumental in gaining passage of the U.S. Civil Rights Act of 1964, the same year he was awarded the Nobel Peace Prize.

To find out more about Dr. Martin Luther King Jr., [click here >>](#)

On August 28, 1963, at the close of a peaceful march in Washington of more than 250,000, Dr. King delivered his "I Have a Dream" speech from the steps of the Lincoln Memorial.

"It would be fatal for the nation to overlook the urgency of the moment," he said. "There will be neither rest nor tranquility in America until the Negro is granted his citizenship rights. The whirlwinds of revolt will continue to shake the foundations of our nation until the bright day of justice emerges."

Emphasizing the importance of a peaceful resolution to these urgent social issues, Dr. King continued: "We must forever conduct our struggle on the high plane of dignity and discipline. We must not allow our creative protest to degenerate into physical violence. Again and again we must rise to the majestic heights of meeting physical force with soul force."

He is probably best remembered for his passionate call to America to be true to her most fundamental ideals: "I have a dream that one day this nation will rise up and live out the true meaning of its creed: 'We hold these truths to be self-evident: that all men are created equal.'"

Dr. King inspired an entire nation to live up to its potential, closing with these words: "From every mountainside, let freedom ring. And when this happens, when we allow freedom to ring, when we let it ring from every village and every

hamlet, from every state and every city, we will be able to speed up that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual, 'Free at last! Free at last! Thank God Almighty, we are free at last!'"

In keeping with the legacy of Dr. King, the holiday honoring his birth is a day of service, where Americans from every walk of life contribute their time in the name of a better future for all.

Please Join Six Stones Wellness Center to learn more about Martin Luther King Jr., civil rights activist.

HONORING DR. MARTIN LUTHER KING JR.

“Our lives begin to end the day we become silent about things that matter.”

“THE TIME IS ALWAYS RIGHT TO DO WHAT IS RIGHT.”

“ALMOST ALWAYS, THE CREATIVE DEDICATED MINORITY HAS MADE THE WORLD BETTER.”

Darkness cannot drive out darkness only light can do that. Hate cannot drive out hate only love can do that.

Life's most urgent question is: what are you doing for others?

We will be taking a virtual tour of the National Civil Rights Museum in Memphis.

We will also be creating a craft that inspires important conversations. Please join us to better understand the impact we can have by standing up for others and having our voices heard in a meaningful way.

When: January 11th @ 2pm / Where: 525 N. Main St., Yreka

<https://www.youthforhumanrights.org/>

What is a peer?

In behavioral health, a peer is usually used to refer to someone who shares the experience of living with a psychiatric disorder and/or addiction.



Peer support changes lives.



Put simply, a peer is a person we identify with in some capacity. This can include anything from age to gender to sexual orientation to shared language.

In behavioral health, **a peer is usually used to refer to someone who shares the experience of living with a psychiatric disorder and/or addiction.** In that narrow context two people living with those conditions are peers, but in reality most people are far more specific about whom they would rely on for **peer support. Trust and compatibility are extremely important factors.**

Peer support is the “process of giving and receiving encouragement and assistance to achieve long-term recovery.” Peer supporters “offer emotional support, share knowledge, teach skills, provide practical assistance, and connect people with resources, opportunities, communities of support, and other people” (Mead, 2003; Solomon, 2004). In behavioral health, peers offer their unique lived experience with mental health conditions to provide support focused on advocacy, education, mentoring, and motivation.

Peer providers can play many roles in support for people living with psychiatric disorders and/or in addiction recovery. They are capable of facilitating education and support groups and working as a bridge linking people to services as they transition from hospitals or jails into the community. Peers also work one-on-one as role models, mentors, coaches and advocates and support people in developing psychiatric advance directions and creating Wellness Recovery Action Plans (WRAP).

Peers go by many names and can work in many different settings. Many peers have additional training and certification that demonstrates their skills and knowledge. Combined with their lived experience and ability to engage and connect with consumers, peer supporters are a dynamic and growing group that continue to transform lives and systems.

History

The concept of “peer support” in mental health has its roots in the self-help movement that began in the 1970s. During a time of intense focus on civil rights and social change, people who had survived the abuses of psychiatric hospitals came together to support each other and work towards healing. They

understood there was more to recovery than “symptom management” and that individuals who had been hospitalized were capable of supporting one another and living meaningful lives in the community.

Present

Thanks to the leadership of peers and the growing evidence around the practice over the past decades, the peer workforce has grown to over 24,000 supporters working in all 50 states and U.S. territories. Considered an evidence-based practice by the Substance Abuse and Mental Health Services Administration (SAMHSA), peer support is Medicaid reimbursable in over 41 states.

From the criminal justice system to housing services to hotlines, peers model recovery and contribute to the lives of others.

Future

MHA peers have been moving into the private sector and have the potential to be integrated into all areas of health. The private health sector offers a wide array of work opportunities for qualified peer support workers including working in private practice alongside mental health professionals, primary care, Emergency Departments, and supervision roles. As more people learn about peers and the importance of recovery-oriented systems, peers will play a central role in supporting people living with mental health conditions and helping to empower them to live meaningful lives in the community.

<https://www.mhanational.org/what-peer>



Six Stones Wellness Center Staff- All of our peers have their own unique stories and challenges. Our entire staff have lived experiences with mental health and/or sobriety challenges. We are a diverse group of individuals and offer an inclusive environment where everyone can feel comfortable sharing their stories, struggles and triumphs. This is a setting where you can openly share without the fear of shame or judgement. We are an understanding group of individuals who are actively working on our own wellness. Please come in and meet our staff who are here to listen and support you.



Six Stones Wellness Center Groups & Activities Calendar

525 North Main St., Yreka, CA 96097 • (530) 841-0810 • nvcss.org/siskiyou



January 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 CLOSED 	3 Life Skills & Wellness Day 10am-Visionary Art 11am- Overcoming Depression 12pm- Healing Teas 1pm- Bipolar Coping Skills 2pm- Importance of Routines	4 Recovery & Wellness Day 10am- Domestic Violence/Women 11am- Navigating Emotions 12pm- Meditation 1pm-Peer to Peer Support 2pm- Peer to Peer Support	5 Life Skills & Wellness Day 10am- Reflective Journaling 11am- Coping with Grief 12pm- Importance of Routines 1pm- Peer to Peer Support 2pm- Music for Wellness	6 Life Skills & Wellness Day 10am- Supporting Sobriety 11am- Supporting families in recovery 12pm- Physical Wellbeing 1pm- Wellness Movie	7
8	9 Recovery & Wellness Day 10am- Dual Diagnosis 11am- Anger Management 12pm- Creative Expression 1pm- PTSD/Trauma Support 2pm- BINGO/Games	10 Life Skills & Wellness Day 10am- Reflective Journaling 11am- Overcoming Depression 12pm- Health & Nutrition 1pm- Bipolar Coping Skills 2pm- Peer to Peer Support	11 Recovery & Wellness 10am- Domestic Violence/Men 11am- Addiction Recovery 12pm- Health & Nutrition 1pm- Overcoming Depression 2pm-Honoring MLK through art	12 Life Skills & Wellness Day 10am- Self Advocacy 11am- Spiritual Support 12pm- Reflective Journaling 1pm- Importance of Routines 2pm- Meditation & Guided Imagery	13 Recovery & Wellness Day 10am- Supporting Sobriety 11am- Supporting Families in Recovery 12pm-Art with Joel Papier Mache'	14
15	16 CLOSED 	17 Life Skills and Wellness Day 10am- Visionary Art 11am- Overcoming Depression 12pm-Healing Teas 1pm- Bipolar Coping Skills 2pm- Co-Dependency	18 Recovery & Wellness Day 10am-Domestic Violence/Women 11am- Addiction Recovery 12pm- Navigating Emotions 1pm- Poetry Slam	19 Life Skills & Wellness Day 10am- Mental Health Matters 11am- Physical Wellness 12pm- Reflective Journaling 1pm- Creating a Safe Space 2pm- Music for Wellness	20 Recovery & Wellness Day 10am- Supporting Sobriety 11am- Supporting Families in Recovery 12pm- Anxiety Coping Skills 1pm- Wellness Movie	21
22	23 Recovery & Wellness Day 10am- Dual Diagnosis 11am- Anger Management 12pm- Personal Accountability 1pm- Suicide Prevention 2pm- BINGO/Games	24 Life Skills & Wellness Day 10am- Reflective Journaling 11am- Overcoming Depression 12pm- Health & Nutrition 1pm- Bipolar Coping Skills 2pm- Navigating Crisis	25 Recovery & Wellness Day 10am-Domestic Violence/Women 11am- Cal-Fresh Education 12pm- Navigating Emotions 1pm- Fieldtrip to Greenhorn 2pm- Making bird houses	26 Life Skills & Wellness Day 10am-LGBTQIA+ Support 11am- Spiritual Support 12pm- Importance of Routines 1pm- Peer to Peer Support 2pm- Job Readiness with Paul	27 Recovery & Wellness Day 10am- Supporting Sobriety 11am- Supporting Families in Recovery 12pm- Members Meeting 1pm- Anxiety Coping Skills 2pm- Meditation & Guided Imagery	28
29	30 Recovery & Wellness Day 10am- Dual Recovery 11am- Anger Management 12pm-Reflective Journaling 1pm-PTSD Support 2pm-BINGO/Games	31 Life Skills & Wellness Day 10am-Visionary Art 11am- Overcoming Depression 12pm- Healing Teas 1pm- Bipolar Coping Skills 2pm- Importance of Routines		Need Peer Support After Hours? Call Northern Valley Talk Line Toll Free: 1-855-582-5554 7 days per week 4:30 p.m. to 9:30 p.m.	Find us on Facebook https://www.facebook.com/groups/nvcss	

Bus passes and Incentives



Six Stones has bus passes and incentive gift cards. You must be actively participating to receive them.

Please see a staff member for more details.

525 N. Main St., Yreka (530) 841-0810

Six Stones Wellness Center welcomes local artist Joel Shelton

For a papier mache' class

January 13th

@ 12pm

525 N. Main St. Yreka



Please come in or call (530)841-0810 to RSVP for this class, space is limited to six participants.

Six Stones welcomes you to our Poetry Slam



January 18th @1 pm
525 N. Main St.
Yreka, CA.

*Please sign up for this event by coming
in or calling us @*

(530)841-0810.

*If you would like to be a judge for this
event please call us*

Winner will receive a \$20 gift card

Join Six Stones Staff for a Nature Walk around Greenhorn Park & Decorating a Bird House



Date: January 25th

Must be at the center no later than 1pm to attend the fieldtrip.

Transportation for up to seven will be provided with advance request.

We will return to Six Stones Wellness Center @ 2pm to decorate our bird houses.



Six Stones Wellness Center is located at 525 N. Main St., Yreka /Phone (530)841-0810



Please join us for our support group for members of the LGBTQIA+ community.

Providing a safe and inclusive environment for individuals to meet and share experiences, learn about resources and have peer support.

When: 4th Thursday of Each Month at 10am.

**Location: Six Stones Wellness Center
525 N. Main St. Yreka, CA**

**Please call for more information:
(530) 841-0810**

Volunteers

NEEDED!

YREKA AREA POINT IN TIME COUNT

THE POINT IN TIME COUNT IS A COUNT OF OUR UNHOUSED
NEIGHBORS CARRIED OUT BY LOCAL COMMUNITY
VOLUNTEERS IN ORDER TO EVALUATE NEEDED SERVICES

WEDNESDAY, JANUARY 25TH, 2023

9AM-4PM

&

SUNDAY, JANUARY 29, 2023

11AM-3PM

REQUESTING A MINIMUM OF 3HR
SHIFTS FOR EITHER EVENT

VOLUNTEER TASKS MAY INCLUDE:

- EVENT SET-UP/PREP**
- SERVING FOOD & BEVERAGES**
- SERVICE NAVIGATION**
- IN-THE-FIELD SURVEYS**

PLEASE CONTACT YOUTH EMPOWERMENT

SISKIYOU AT 530.841.0844 OR

INFO@YESISKIYOU.ORG FOR TRAINING

INFORMATION AND SIGN-UPS

Six Stones Wellness Center welcomes you to join us for our next Members Meeting



When: January 27th @ 12pm

Where: 525 N. Main St. in Yreka

We would also like to invite Six Stones members to join us in attending our other community collaboration meetings hosted by Siskiyou County Behavioral Health.

Siskiyou County Advisory Board Meeting: 1st Wednesday of the month @ 1:30-3:00pm

QIC/Cultural Competency: Every 2nd Tuesday of the month @ 2:00pm

Siskiyou County Behavioral Health Board: 3rd Monday of each month @ 3:30-5:00pm



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:8667788873); 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:8557659703); 24 hours a day, 7 days a week.

Transportation: Need transportation call MTM: [\(888\) 828-1254](tel:8888281254)

PHC's vision services are covered through Vision Services Plan (VSP). To learn more about your coverage call: [\(800\) 877-7195](tel:8008777195); 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:8009772273); 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

We value
INCLUSION
DIVERSITY
TOLERANCE
LOVE
RESPECT
EQUALITY

Always.

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**

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 LGBTQ ELDER HOTLINE 1-888-234-SAGE
TRANS LIFELINE TRANSGENDER COMMUNITY SUPPORT 1-877-565-8860	KNOW THE SIGNS FIND THE WORDS REACH OUT SuicideIsPreventable.org

FOR ADDITIONAL RESOURCES: EMMResourceCenter.org/collection/lgbtq

EachMind MATTERS

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.