Hello Members, Friends & Community Partners

Happy March from Six Stones Wellness Center!

Wow, how did we already get to March? We have had some wild weather and finally getting the precipitation we have needed for some time. As we are familiar with Siskiyou County weather, don’t put your boots away quite yet, and have your sandals available just in case.

Six Stones has been lucky to have some amazing guests to lead some of our classes this month. We have also had our Peer Advocates come up with ideas for new groups that we are implementing as well. We have incorporated Benefits of Essential Oils, Origami Story Club, Chopra Meditation and Four Agreements, these will all be ongoing groups while they are well attended. If you have an idea for a group or class, we would love to hear them. Please join us at our next Members Meeting to share your ideas.

March is “Women’s History Month”, a time for us to reflect on the impact women have made throughout history. Did you know that women’s history month’s color is purple? “Symbolically, purple is a hue that has been used for centuries to represent wealth, nobility, luxury, and power. It is also a color used throughout modern history to represent the fight for gender equality and International Women’s Day on March 8th.”

March is also Self-Injury Awareness Month, as we bring attention to this rarely talked about topic. Help us to break the stigma by talking about it!

#breakthestigma
March is a celebration of extraordinary women in history. While I am not yet a part of history, it is a celebration to reflect on women like myself currently working in traditionally male roles such as research statistics because there is still a lot of work to be done to achieve equality for women in the workforce.

My current job title is Research Data Analyst working remotely with the Department of Ophthalmology at the University of California, San Francisco (UCSF) Medical Center. How did I qualify for this role? I obtained a Master of Public Health with multiple certificates while working full-time as a medical scribe in the Department of Ophthalmology. But it was only after I worked with a physician for almost four years that I was offered a new role in the last six months. The conditions for employment were clear. This was an opportunity for me to work less and learn new skills for similar pay (minimum wage) while pursuing my goal to become a physician. Let me put this in perspective in terms of education, qualification, and effort.

I graduated Valedictorian from Yreka High School almost 13 years ago.
and went on to obtain a Bachelor of Science in Biochemistry and Molecular Biology, pre-med, at the University of California, Davis. This sounds impressive on its own, but what if I told you that only 10% of foster youth graduate from high school and less than 2% graduate from a four year college? I spent my teenage years growing up in the Siskiyou County foster care system moving homes and families annually. I felt unprepared emancipating from the foster care system and entering college even though I graduated from high school with a 4.6 GPA. I should be prepared, right? But when I struggled for the first time academically, I was not sure what to do except simply try harder? I graduated from UC Davis with a 3.18 GPA and little prospect for employment and continuing education although I knew that I wanted to become a doctor. There were many times that I felt alone and scared, not wanting to be unemployed and/or undomiciled so I focused on securing employment before considering medical school entrance examinations and applications.

This is where foster youth are at a huge disadvantage in terms of social capital and financial capital because the majority of medical school students have parents within the highest income brackets. This means they can move home to study for the entrance exam and complete applications without worrying about employment. Their parents are often working professionals who can afford tutors and provide unique professional experiences for prospective medical students. In fact, the American Academy of Medical Colleges provides feedback in their FAQ to rely on family financially or take out a loan instead of employment as a smart investment in ones future. But there seemed to be little choice for me at the time and I was always taught there was value in being independent and self-sufficient. This led to a year with Teach-For-America, a year at Starbucks, a couple years at Genentech, and a few years at UCSF Medical Center. What this last sentence does not explain is my time as a contractor with Genentech and UCSF meant that I was paid less than their normal employees and did not receive the same benefits in order for the company to afford to pay competitive applicants in higher positions like researchers. It seems I have worked hard for many years in the name of wanting to become a physician which requires specific roles of employment and/or volunteer opportunities for less pay while I apply to medical school.

This last year I received a Master of Public Health and learned about social determinants of health, all the reasons why the most vulnerable populations in our society are not as healthy as the most affluent and how society can still work towards achieving health equity despite these challenges. This degree helped me better understand challenges people in our society face, including my own family, as well as qualify for the research role that I am in today. The American Academy of Ophthalmology recently turned their focus toward achieving health equity in eye care by
putting together The Academy Task Force on Disparities in Eye Care publishing articles outlining the need for more women in research roles because women are more likely to include gender and sex disparities in research. There is not only a need to diversify the workforce, but also decrease the pay gap. For example, female Ophthalmologists in their first year of clinical practice make $0.56 compared to $1.00 for their male counterparts. I used to think success like becoming a doctor meant less struggle, but everyone faces challenges.

I am very fortunate to have the research role that I have because there is flexibility to learn to become a Data Scientist which is an even more male dominated field of employment (20% female vs. 80% male). I do wonder at times if I am paid less than I am worth, but then I remember the opportunity for continuous improvement and growth is something that I value highly. After many years, I am still applying to medical school and will be a third-time applicant this year. I have considered the "sunk cost fallacy" but if I have learned anything it is the importance of grit and perseverance despite all the odds that may be stacked against me.

Ashly Dyke, BS, MPH
UCSF Department of Ophthalmology
Research Data Analyst
Lead Telescribe

Thank you Ashly for sharing your story. Ashly is just one example of women overcoming obstacles and challenges to achieve their goals. We admire you for your determination and perseverance.
March is also Self-Injury Awareness Month

Whether you have had personal experiences with self-injury or self-harm in your own life or experienced it through the life of a child, sibling, relative, friend, or colleague… one alarming fact remains, the prevalence of self-injury and self-harm are on the rise across the country and around the globe. There are many factors and reasons for this; but first, let’s begin by discussing what self-injury IS and what self-injury is NOT.

Self-injury, otherwise known as self-harm, self-mutilation, or self-abuse, IS when someone deliberately injures themselves in a way that is impulsive and not intended to be suicidal. Self-injury is NOT a mental health disorder; but IS a symptom of many psychological conditions and mental health disorders. Self-injury IS often a symptom or co-concurring condition of depression, anxiety disorders, PTSD, eating disorders, and substance use disorders. Self-injury is NOT predictable; but there are many contributing factors that may cause someone to be more likely to self-injure.

What does self-injury look like? Self-injury can present itself in a number of ways; but some of the most common forms are cutting of the skin, burning themselves, and banging or punching objects. Self-injury can be inflicted on any part of the body; but the sites most frequently noted are the hands, wrists, stomach, and thighs. Often times, the individual will attempt to hide the injuries or scars of current or past injuries under clothing or bandages;
but this is not always the case. In some instances, they may blatantly show fresh abrasions, burns, or bruising in an attempt to visually show others how they may be feeling inside. While most cases of self-injury do not require medical attention; an article in 2011 reported that “a third of students reporting NSSI (Non-Suicidal Self-Injury) in two college studies said they had hurt themselves so badly that they should have been seen by a medical professional, but only 5 percent sought treatment…”.

What are the contributing factors that may lead someone to self-injure? While age alone is not a contributing factor, it does weigh heavily on the prevalence of self-injurious behaviors. Only about 5% of adults report having self-injured during their lifetime, while approximately 17% of teens and an astonishing 17-35% of college students report engaging in self-injurious behavior. Why the correlation to age? The average age of onset for self-injury is 13; which seems to correlate with a whole host of new stressors and expectations in a young person’s life. In addition, this is the time of emergence for coinciding mental health conditions like anxiety and depression. Those with a familial history of depression, anxiety, drug and/or alcohol use, addiction, self-injury, and suicide are more prone to self-injury or thoughts of self-injury. Stressful and traumatic life experiences are both contributing factors when discussing self-injury. And while social isolation can often be seen as a symptom of self-injurious behavior, it is actually very much a contributing factor.

Why do people self-injure? We have already discussed many of the contributing factors for self-injury such as: age, familial history of mental health conditions, drug and alcohol use, addiction, stressful and traumatic life experiences, and social isolation; but to get to the root cause of self-injurious behaviors, you have to examine the emotions and feelings of those who are living these experiences. Self-injury can stem from a sense of a loss of control in one’s life. The injuries themselves become representations of a sense of control. Self-injury may present itself as
punishment for either real or perceived wrongdoings. It may help someone to express or process emotions that may otherwise be shameful or embarrassing to show. Often times, self-injury serves as a distraction from negative emotional feelings or as a means of escape from negative emotional states.

What are the warning signs of self-injury? The most obvious warning signs of self-injury would be recent injuries or scars of previous injuries, unexplained frequent injuries, recurring presence of bandages, overdressing to cover injuries (long sleeves in the heat of summer), and having sharp objects on hand. While these may be the most visible signs of self-injury, the vast majority of warning signs are subtler and more easily mistaken. These may include: low self-esteem, emotional dysregulation, avoidance, feelings of hopelessness or worthlessness, relationship problems, poor performance at work or school, eating disorders, and drug and/or alcohol use or abuse.

What can we do? If you or someone you know is struggling with self-injury, a mental health professional should be contacted to discuss treatment options. There are a variety of methods that have proven effective. Medication can often help to manage and lessen contributing factors such as depression and anxiety. Cognitive behavioral therapy and the use of contracts, journaling, and behavior logs can help individuals to regain a sense of control over their own lives. Interpersonal therapy can be beneficial with the management of existing relationships and with developing new ones. Receiving services for coexisting conditions such as alcohol and substance use or abuse, eating disorders, and PTSD can dramatically reduce the occurrence of self-injury. Having open and honest conversations about self-injury, educating ourselves and young people about the contributing factors and warning signs, and lessening the stigma surrounding self-injury can all help to decrease the prevalence.
Our Staff would like to share our stories about what brought us to Six Stones Wellness Center

Hello to all! For those who have not had the opportunity to meet me yet, my name is Eric and I am the Supervisor at Six Stones Wellness Center. I work closely with both the Peer Advocates and Members to ensure that Six Stones provides a high-quality program that fosters wellness, recovery, and resiliency. I only recently joined the Six Stones family in November of 2022; but in that short time, I have quickly come to understand the power of community, connection, and support that Six Stones represents to all who visit. I have come to understand the beauty of working with an organization and a group of colleagues that honor individual struggles and the immense value that both our unique and shared lived experiences can offer. As with most of us, it has been a long personal journey of growth, transformation, and change that brought me to Six Stones Wellness Center; but regardless of the journey, there is one resounding sentiment I hear often that certainly rings true, “I feel like I am right where I need to be.”

-Eric Parsons, Six Stones Wellness Center Supervisor
I started with Six Stones six and ½ years ago and was here the day we first opened. I still remember my first group, “Decluttering.” After five years with Six Stones I went to work at the County as a Peer Specialist and was there for 1 ½ years but missed Six Stones, so I returned. I was diagnosed with bi-polar disorder when I was 22 at which time I started my alcoholic drinking.

Today I manage my mental health challenge and celebrated 15 years of sobriety last year. I love working here at Six Stones where I can walk the path of recovery with others.

Cindy Ward-Peer Advocate

My name is Carol Mattos. I came up here from the bay area 26 years ago. I work as a peer advocate for Six Stones wellness center. I have overcome many struggles in my life and it is a pleasure to relate and provide my own experiences to the members of Six Stones. This job is not just a job. It is a chance to give back to the community.

Carol Mattos-Peer Advocate
For those of you who don’t know me, my name is Sasha Hight and I am the Program Manager at Six Stones Wellness Center.

My journey that brought me to Six Stones is a complicated one. However, I truly believe that all of my life experiences whether personal or professional lead me here.

I am honored to be part of an agency that encourages acceptance and is working towards breaking the stigma that surrounds mental health. I have personally struggled with my own mental health issues since I was a teenager. Working in a setting where we can share our lived experiences to help others can be very healing & empowering.

At Six Stones, our staff and members are a testament that living a deeply meaningful life full of purpose and joy is possible if you are willing to work on your wellness.

Our mental health is part of us, but it does not define us.

_Sasha Hight, Six Stones Wellness Center Program Manager_

If you are interested in sharing how Six Stones Wellness Center has impacted your life in an upcoming newsletter please contact Sasha @ (530) 841-0810.
# Six Stones Wellness Center Groups & Activities Calendar

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

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<td><strong>Find us on Facebook</strong></td>
<td>Peer to Peer Support M-F 10am-3pm</td>
<td>Recovery &amp; Wellness Day 10am- Domestic Violence/Women 11am- Addiction Recovery 12pm- National PB Lovers Day 1pm- PTSD/Trama Support 2pm- Self Injury Awareness</td>
<td>Life Skills &amp; Wellness Day 10am- Reflective Journaling 11am- Coping with Grief 12pm- Importance of Routines 1pm- Peer to Peer Support 2pm- Open Mic</td>
<td>Recovery &amp; Wellness Day 11am- Supporting Sobriety 11am- Supporting families in recovery 12pm- Physical Wellbeing 1pm- Wellness Movie</td>
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<td>Recovery &amp; Wellness Day 10am- Domestic Violence/Men 11am- Addiction Recovery 12pm- Health &amp; Nutrition 1pm- Overcoming Depression 2pm- Women’s History Month Education &amp; Discussion</td>
<td>Recovery &amp; Wellness Day 10am- Domestic Violence/Women 11am- Addiction Recovery 12pm- Navigating Emotions 1pm- St. Patrick’s Day Celebration</td>
<td>Life Skills &amp; Wellness Day 11am- Mental Health Matters 11am- Physical Wellness 12pm- Mala Beads 1pm- Creating a Safe Space 2pm- Open Mic</td>
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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
You do not need to suffer in silence. Help us break the stigma.

March 1st
SELF INJURY AWARENESS DAY

judge less, understand more.
don’t be ashamed of your scars (if you have any), they are signs of strength,
you survived!
speak up, wear something orange today,
draw a butterfly or a heart on your wrist.
help us to raise awareness :)

Let’s show our fellow humans that we support them. Many do not understand
inflicting self-injury. Come join us for a
discussion on the topic to better understand
how to support a friend or loved one who is
experiencing self-harm.

Join us at Six Stones Wellness Center
March 1st @ 2p.m.
Did you know there is a day for all of the Peanut Butter Lovers out there?

**MARCH 1ST**

IS NATIONAL PEANUT BUTTER LOVERS DAY!

Please join us on March 1st @ 12pm for some tasty peanut butter soup & learn some creative ways to enjoy this staple.

525 N. Main St. in Yreka
Women’s History Month 2023

Six Stones Wellness Center invites you to tell your story.

We offer a safe space to celebrate our womanhood and what it means to be an empowered woman in today’s world. We will talk about the impact of those who came before us to pave the way, and the path we continue to create. Watch us move mountains!

Join Us at Six Stones Wellness Center on March 8th @ 2p.m.
525 N. Main St. in Yreka
Jen is an advocate, educator and cheerleader for children with BFRBs (Body Focused Repetitive Behavior). Jen knows what it’s like to live with a BFRB as she has had this challenge since her young teens. Her recovery has benefited greatly from first learning that there was a word to describe her experience and then connecting with supportive peers who understood from the inside out. It is from that experience that her commitment and passion for providing community and joyful opportunities for children having sprung. She has been folding origami since she was ten years old. Jen has a BA in Health Education and an MA in Community Counseling and is also trained in Intentional Peer Support. She has worked in many different settings and highly values peer support as an important part of healing and recovery.

March 9th and 23rd @ 12 p.m.
Please RSVP for this class
Limited to six participants
@ Six Stones Wellness Center
525 N. Main Street, Yreka
Join us for Chopra Meditation Class

Sonya Jones has been studying and practicing Chopra Meditation for years. She is passionate about sharing her knowledge and is eager to teach others the many benefits of intentional meditation. Meditation can reduce stress levels, lessen anxiety and depression, improves sleep, improves mood, enhances immune system, lowers blood pressure, lengthens attention span, and enhances self-awareness as well as many other things.

Join us at Six Stones Wellness Center and add one more tool to your wellness toolbox.

When: March 10th and March 24th @ 1 p.m.

@ 525 N. Main Street in Yreka
Essential Oils for Health & Well Being

Please join our Lead Peer Advocate, Malia Pleveny for this educational group to learn the benefits of essential oils for physical and mental health.

Malia is well versed on this topic as she has been using essential oils for many years.

When: March 14th at 12 p.m.
Where: 525 N. Main Street in Yreka
Join us at Six Stones Wellness Center

In Celebration of St. Patrick’s Day

We will be serving corn beef, cabbage and potatoes!

Games & Prizes

March 15th at 1p.m.

525 N. Main St. in Yreka
How to Make Your Own Mala

What is a Mala?
A mala is a single strand of beads used to keep track of how many times you’ve repeated a mantra, prayer, or other positive affirmation. Malas are also used to count breaths or series of yoga poses. Mala beads are often referred to as meditation beads, Hindu rosaries or Buddhist prayer beads. A yoga mala is tied to the ancient tradition of doing 108 sun salutations each day, which is usually performed during the periods of seasonal change.

Join us in making your own Mala @Six Stones Wellness Center

When: March 16th @ 12pm

Where: 525 N. Main St. in Yreka
International Day of Happiness 2023
What?! Yes, it’s a thing!

What is the International Day of Happiness? It’s a day to be happy, of course! Since 2013, the United Nations has celebrated the International Day of Happiness as a way to recognize the importance of happiness in the lives of people around the world. In 2015, the UN launched the 17 Sustainable Development Goals that seek to end poverty, reduce inequality, and protect our planet three key aspects that lead to well-being and happiness.

Join us to talk about what makes us happy and how we can bring more joy into our lives. Smiles are contagious, let’s spread the happiness!

When: March 20th @ 12 p.m.
Where: 525 N. Main St. in Yreka
March 21st is World Planting Day. This day is dedicated to planting whatever you possibly can, from trees, flowers to vegetables, but also spreading awareness of the importance of plants. And what better than the beginning of Spring to celebrate them?

Join us at Six Stones Wellness Center for planting and discussion on things we can do to positively impact our community and planet. One person, plants one tree, makes a world of difference.

We would love to hear your ideas about starting a gardening group.

When: March 21st @ 2 p.m.
Where: Six Stones Wellness Center in Yreka
Six Stones Wellness Center is happy to be hosting local artist Joel Shelton once again

Join us for a Papier Mache' class

Beginners Welcome
March 22nd @ 1 p.m.
525 N. Main St. in Yreka
Please RSVP
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
Job Connection

Please join us for a field trip to our local Goodwill Learning Lab

For our March Job Readiness Session

You will gain skills needed in today’s workforce.

- Basic Computer Skills
- Internet Basics
- Career Search Skills
- Microsoft Word or Excel
- Digital Footprint

When: March 23rd @ 2 P.M.
Where: Arrive at Six Stones by 1:50 P.M.
525 N. Main Street in Yreka
RSVP limited to six participants
SIX STONES WELLNESS CENTER NEWSLETTER

MARCH 2023

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

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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: (888) 778-8673, 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) 765-8703, 24 hours a day, 7 days a week.

Transportation: Need transportation call MTM: (888) 928-1284

PHC’s vision services are covered through Vision Services Plan (VSP). To learn more about your coverage call: (800) 877-7105, 5 a.m. to 8 p.m. Monday – Friday, 7 a.m. to 5 p.m. Saturday and Sunday.

Pharmacy Services: Pharmacy services are provided by Med-Cal RX. For questions about your pharmacy benefit call: (800) 977-2273, 24 hours a day, 7 days a week, or 711 for TTY Monday - Friday, 6 a.m. to 5 p.m.
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.