

PLUMAS RURAL SERVICES

DECEMBER 2024

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INSIDE THIS ISSUE:

MINDFUL LIVING - 1

STAFF HIGHLIGHT - 2

YOUTH MENTAL HEALTH - 2

JOB OPENINGS - 3

STAFF ACCOLADES - 3

CALENDAR - 3

HOLIDAY RESOURCES - 4

MINDFUL LIVING

The Mindful Living program at Plumas Rural Services (PRS) provides mindful solutions to dealing with the stressors of life through workshops, multi-week classes, and one-on-one intensive coaching. Coordinator Leslie Wall founded Mindful Living in 2018 after becoming certified as a Facilitator for Mindfulness-Based Stress Reduction, an 8-week course for anyone wanting to explore mindfulness and its potential benefits in their lives.

The founder of Mindfulness-Based Stress Reduction, Jon Kabat-Zinn, defines mindfulness as 'awareness that arises through paying attention, on purpose, in the present moment, non-judgementally.' Mindfulness is a powerful, scientifically proven resource for breaking free from harmful emotional ruts and mindless habits in order to live with full awareness and greater freedom.

Leslie uses the principles of mindfulness and incorporates them with other methods she is certified in to offer a range of parenting and relationship coaching rooted in mindfulness. Mindful Nurturing Parenting and Mindful Parenting of Teens are multi-week courses designed to provide concrete strategies to support caregivers and others who interact with young children and teenagers, respectively. The 7-week Mindful Co-Parenting class is designed to provide concrete support to parents who have separated, yet are parenting their children together. Mindful Relationships offers private weekly sessions designed to promote healthy relationships through topical discussions, mindful strategies and the cultivation of personal awareness techniques.

Leslie can also personalize mindfulness coaching for your specific goals. As we enter the holiday season and begin to look to the New Year, the time is perfect for finding a new strategy of self-discovery. For more information about Mindful Living, call 530-283-3611 or [click here](#).

Kindness is like snow—
it beautifies everything
it covers.

- Kahlil Gibran





DANA NOWLING

COMMUNITY TRAINING MANAGER

Community Training Manager Dana Nowling has deep roots in Plumas County. Her grandmother was born in Spring Garden, grew up there, and graduated high school in Quincy in 1938. Dana's mother moved to Quincy in 1985 and lived here until she passed. Dana, in the meantime, moved back to Sacramento in 2010 after living in England for nearly a decade. Running her own leadership consulting business at the time, PRS reached out to Dana to inquire if she could develop a women's development/life coaching program for survivors of domestic violence (DV). Dana developed and ran the Chrysalis program for the first year while still living in Sacramento. At the end of that year, Dana decided to move up to Quincy to live near her sister.

Dana continued to contract with PRS for Chrysalis, other DV outreach and awareness work, and some community trainings. Administrators eventually asked Dana to establish a training and development program within PRS. In 2015, PRS created a position for Dana around her consulting and training skills, putting them to use to reach both the social service and business communities the agency serves.

Since that time, Dana has grown the Community Training Program at PRS to include trainings in mental health and suicide alertness, customer service and de-escalation skills, individual and group leadership development, team building, trauma-informed service delivery, and more. Building on 30 years of experience in leadership, coaching, training,

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and development, she has developed a variety of trainings at PRS, each customized specifically to the organization attending. In 2020, she got certified in the Grief Recovery Method™ which has been eye-opening for her. Beyond death and divorce, every time someone experiences a change in their patterns and behaviors it's an experience of loss. Dana believes working on how we help children going through changes to navigate loss day to day is critical to their mental health.

"What I love about training and development," Dana says, "is working with people to create solutions for themselves, whether that is through a training or through coaching. I have always been interested in the potential someone might have...their gifts, their goals, their aspirations. I get really excited about people seeing themselves in a way that is positive. It's thrilling to work with someone, and help them see themselves or their situation differently; when you get feedback that you've changed someone's life – or even saved someone's life – there's nothing like that."

Outside of work, Dana is a licensed Reverend and has been in ministry for decades. She's a regular speaker at conferences, women's retreats, and her own church and others – it's a passion of hers. She loves to garden, has recently discovered a passion for interior decorating and design, and adores her Bichon dog.

YOUTH MENTAL HEALTH

If you're looking for mental health support for kids, teens and young adults this season, there are some remote options available.

[BrightLife Kids](#) is a free resource for California families with children age 0-12 that provides expert behavioral health coaching support for parents and children. The app offers personalized 1-on-1 video sessions and coaching.

The [Soluna App](#) is free and anonymous for Californians age 13-25. It provides teens and young adults with 1-to-1 support, peer connection, and a variety of interactive tools to help users destress and process their feelings.



JOB OPENINGS

PRS is hiring! The following information includes a snapshot of available positions at the time of this newsletter's publication. Click on job titles for more information, including job descriptions, hours and requirements.

FEC FAMILY SPECIALIST \$19.32-\$25.89/hr
Family Empowerment Center (FEC) direct service position providing free information on community resources for parents and caregivers of children and young adults with disabilities in Modoc, Lassen, Plumas and Sierra counties. (Bilingual \$21.25-28.48/hr)

RESPIRE CARE PROVIDER \$17.49-\$23.26/hr
RESPIRE PROVIDER II \$20.53-\$25.53/hr
The Respite program provides respite care for caregivers of the elderly and people with physical and/or developmental disabilities. These positions provide in-home care and developmentally and age-appropriate activities for clients. May also provide transportation.

TRANSIT DRIVER \$18.00/hr during training, \$20.00/hr after getting Class B License
Full time & on-call. Provides safe, reliable and courteous service to the general public while operating any Plumas County Transit vehicle. Applications must include a DMV driving record. This position includes a \$500 hiring bonus, another \$500 after obtaining the appropriate license, and another \$1,000 after 1 year of employment.

ALIVE SUPPORT SPECIALIST I \$19.32-\$25.71/hr
The ALIVE program provides day services, independent living, job development and job coaching services to individuals with development, intellectual and physical disabilities.

Up-to-date information on employment opportunities may be found on [PRS's website here](#). Each applicant must submit an application, cover letter and resume. Applications and instructions for submitting can be found at the link above.

STAFF ACCOLADES

Congratulations to DVS Coordinator Sarah Holcomb and DVS Case Manager Michelle Greco for completing the 14-week Lay Counselor Academy. Lay counselors are trained professionals who provide crucial mental health support without traditional clinical licenses. They offer empathic care, bridging the gap in mental health services.



The Plumas Transit Systems team passed their annual CHP Terminal Inspection in November. This inspection covers all aspects of safety with the Transit program: buses, maintenance files, staff files, and drug and alcohol testing records.

Jennifer Ready, Visions Coordinator, is going to be the new Teen Mental Health First Aid trainer for PRS's Community Training Program. This critical training will be available for the region at a time when concerns about teen mental health are at an all-time high across the country.



**Thursday, December 5 & Friday, December 6,
9:00 AM - 5:00 PM**

ASIST (Applied Suicide Intervention Skills Training)
CLF Church, 317 1st Street, East Quincy
*Free for Plumas/Lassen/Modoc/Sierra residents,
[Register here](#)*

Tuesday, December 24 - Wednesday, December 25
PRS Offices Closed in observance of Christmas

Tuesday, December 31 - Wednesday, January 1
PRS Offices Closed in observance of the New Year

HOLIDAY RESOURCES

This holiday season, PRS would like to join everyone in our communities who is celebrating the season with joy. We encourage those who are full of holiday spirit and a sense of generosity to look at the resources below and see how they might support efforts to uplift others and contribute to a sense of peace and blessing.

We also want to acknowledge that the holidays are a complicated time of year for many of our friends and neighbors. It can be a time marked with stress and grief for a variety of reasons. PRS has a number of resources to provide concrete support and emotional encouragement to those who need it. Below is a list of resources that may help you during the season:

The [Connect the Dots video library](#) has a collection of 1.5-hour pre-recorded group webinars that address a variety of emotional and mental health issues with local experts in the field. The most recent episode, [Unhappy Holidays](#) discusses strategies for dealing with grief and loss during the holiday season.

Since the holidays can be triggering for many, PRS offers 1-on-1 [Mindful Living Services](#), [Trauma Recovery Education & Services](#), and [Grief Recovery](#) support services to help you navigate this difficult time.

It is an unfortunate fact that intimate partner violence increases around the holidays; if you or someone you know is struggling with this issue, contact our [Domestic Violence Services](#) staff or call the 24/7 Crisis Hotline at 833-723-2968 for information about what kind of support is available and how to access it. Services are always free and inquiries can be made anonymously.

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For families that are expecting or have children ages 0-5 and who are experiencing food insecurity, [WIC services](#) are available to supplement your food budget and provide nutrition and breastfeeding education and support.

Outside of PRS, many community resources are available this time of year. Some of them include:

The Plumas County Sheriff's Office is hosting its annual Toys for Tots drive. They are collecting Angel Tree requests now, and request slips for children up to 15 years of age can be picked up at the Quincy Toy Store (383 Main St.) and Plumas Bank (336 Main St.) in Quincy. Donations can be dropped off at PCSO (1400 E. Main Street, Quincy) Monday-Thursday, 9 AM - 4 PM; more information about donation drop locations and additional ways to get an Angel request can be found by calling at 530-283-6375.

[Plumas Crisis Intervention & Resource Center](#) (PCIRC) offers holiday meals in addition to crisis intervention and support for homelessness, hunger, sexual assault and more. More information is available by calling 530-283-5515.

The Westwood Family Resource Center can serve anyone in need. Winter clothing is available (2 bags of clothing/person monthly), and food bank and emergency food boxes are available 9 AM - 4 PM, Monday-Friday. For more information call 530-588-8282 or visit 463-975 Birch Street in Westwood.

We hope you and your loved ones enjoy the holiday season and find the things in your life you need to best support you now and in the coming year.

DONATE TODAY:



530-283-2735

www.PlumasRuralServices.org

Facebook: @prs.social

X (formerly Twitter): @PRS_Inc

Instagram: @plumasruralservices_inc

