

# PLUMAS RURAL SERVICES

FEBRUARY 2025

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## VISIONS YOUTH PROGRAM

Visions is a Quincy-based youth program that helps participants build connections with themselves, their peers, women in the community, and the surrounding forests of this area. Visions provides a safe space that supports capacity for self-confidence, physical and emotional resiliency, healthy relationships, community, and regular physical activity for girls, non-binary individuals and allies ages 11-18.

This program launched as Girls Rite in 2008 under Women's Mountain Passages and transitioned to PRS in 2016 when that agency closed its doors. Visions creates a space for adolescents to feel safe, increase their connection with others, and provide freedom from stereotypes. While the program was previously limited to girls, the group decided last year to expand to welcome non-binary and allied youth as members. Shifting to the new name 'Visions', the group felt this new name fostered an environment where participants could envision who they are and come together to support each other in their journeys to find themselves.

The program's goals are to encourage and inspire its members through building and sustaining trusting relationships; finding passion and purpose in life; establishing positive, non-violent communication techniques; creatively solving problems; cultivating leadership skills' and strengthening family, peer group, community and environmental connections.





# JENNIFER READY

## VISIONS COORDINATOR

Jennifer Ready, Visions Coordinator, was born and raised in Mesa, Arizona. She graduated from Arizona State University with a Bachelor's Degree in Applied Biological Sciences in 2007 and moved to Plumas County in 2008. She lived in Indian Valley and worked at the Sierra Institute for a few years running outdoor education tours, helping with the Natural Resources program at Greenville High School, and serving as an AmeriCorps Member for a time. She later worked for the US Forest Service on the Plumas National Forest and moved to Quincy.

In 2010, Jen volunteered for Visions (then known as Girls Rite and run by Womens Mountain Passages). The coordinator was leaving that position and recommended Jen take over the program in 2011. With years of background in education, camps, and after school programs, she was excited for the opportunity to mold her own program. Since that time, she has been organizing her life around the afterschool and summer program.

Jen came to PRS years later as Womens Mountain Passages was closing its doors. PRS offered to sustain the program, and Jen became a contractor for the agency. In 2017, she came on staff at PRS and moved into the 586 Jackson Street building to run the program.

Jen is surprised to realize how long she's been with Visions. "I've seen around a hundred or so kids grow up, and it has been a true blessing to my life," she

*Continued...*

says. "It's brought many challenges and even tragedies, but it has helped me grow personally and professionally and enriched my life in ways people may never understand. I help young girls during an incredibly hard time in life - most people prefer to forget about their early teens years - and they have brought a ton of laughter and love into my life."

Jen is still in contact with many past Visions kids who have graduated high school and moved on. In addition to running Visions, Jen is now the teen Mental Health First Aid Instructor for PRS. She will be providing free trainings to teens in Plumas County (see information on this training on page 4) through PRS's Community Training & Development program. When she's not working, Jen and her husband love to travel, hike, cook, dance, and get involved in many activities in their community.

# VISIONS CONTINUED...

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The program meets every other week afterschool during the school year for 2 hours with occasional longer events and field trips. Over the summer, Visions meets weekly for a full-day trip to someplace in the region that offers hiking or other outdoor recreation opportunities culminating in a 3-day campout. The Visions program is funded by a grant from Plumas County Behavioral Health, the Isabel Allende Foundation, and donations from the local community.



# TEEN MHFA TRAINING

PRS is launching free teen Mental Health First Aid (tMHFA) trainings across Plumas County in 2025. This training teaches teens how to identify, understand and respond to signs of mental health and substance use challenges in their friends and peers.

The need for mental health support for the teen population is clear. 49.5% of adolescents ages 13-18 live with a mental disorder. More than 1 in 5 (22.2%) of them experience a severe impairment. 50% of all mental illnesses begin by age 14, and 75% by the mid-20s. Suicide is the second-leading cause of death for youth age 15-19.

Topics covered in this critical training include: common signs and symptoms of mental health and substance use challenges; common signs and symptoms of a mental health crisis, particularly suicide; the impact of school violence and bullying on mental health; how to open the conversation about mental illnesses and substance use with friends; and how to seek the help of a responsible and trusted adult.

The training can be delivered either fully in-person (6 45-minute sessions or 3 90-minute sessions), or a blended approach where teens complete a self-paced online lesson, then participate in six live, Instructor-led sessions (video conference or in-person).

tMHFA is appropriate for Teens in grades 9-12 or ages 14-18 and can be offered by high schools, organizations partnering with a high school and youth-serving organizations. More information about the training and how to schedule it can be found by contacting Jen Ready at 530-283-2735, x821 (calls), 530-655-8283 (texts), or [jready@plumasruralservices.org](mailto:jready@plumasruralservices.org).

# TEEN DATING VIOLENCE

February is Teen Dating Violence Awareness Month. One in three teens in the U.S. will experience physical, sexual, or emotional abuse by someone they are in a relationship with before they become adults. Experiencing violence or abuse in formative teen years can negatively impact physical and mental health and school performance, as well as increase risk for drug use and future exposure to violence.



- 1 in 12 U.S. high school students experience physical and or sexual violence in a dating relationship
- 1 in 5 girls and 1 in 10 boys experience physical and or sexual violence in their intimate relationship
- According to a national survey of youth, 68% of teens experienced educational interference, 67% experienced job interference, and 65% experienced financial control
- 1 in 3 homicides in girls aged 11-18 are committed by an intimate partner

Teen Dating Violence is more prevalent in LGBTQ teen relationships than in heterosexual teen intimate partner relationships. Transgender youth are especially at risk and report the highest rates of physical dating violence (88.9%), psychological dating abuse (58.8%), cyber dating abuse (56.3%), and sexual coercion (61.1%).

If you know of a teen in this situation, speak with our Domestic Violence Services staff (530-283-5675). They can provide resources, tools and support for young people in an abusive relationship.





# 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 requirements and hours.

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 GENERAL AIDE \$17.49 - \$23.44/hr  
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.

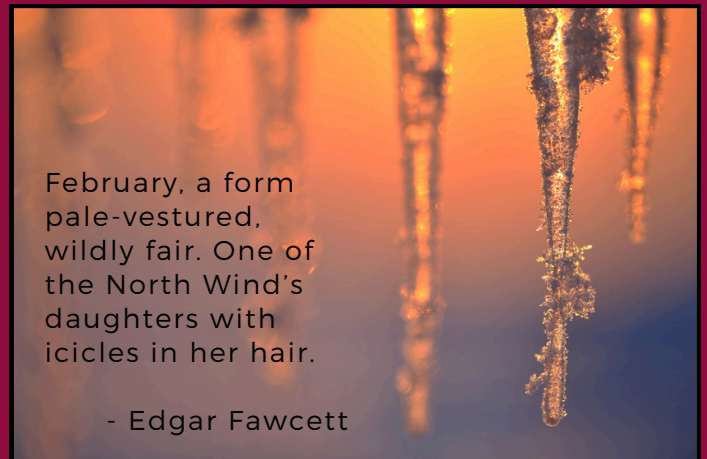
# NEWS AT PRS

Kaline LeCoq, WIC Coordinator, was invited by the California WIC Association Director to represent rural counties on the California WIC Association Board.

PRS has begun some safety improvements at our building at 711 E. Main Street in Quincy. In December and January, this included ensuring our parking lot has adequate lighting and video cameras to cover the full area. This increases staff and client safety exponentially, particularly in the dark winter evenings.



Leslie Wall, Mindful Living Coordinator, piloted the Mindful Nurturing Parenting program in Glenn County this year at their request. It has been overwhelmingly successful in supporting their CPS-involved families, and they have extended their contract with PRS to continue this critical parenting service.



February, a form  
pale-vestured,  
wildly fair. One of  
the North Wind's  
daughters with  
icicles in her hair.

- Edgar Fawcett



**Wednesday, February 12, 11:00 AM - 12:00 PM**

Webinar: IEP Meeting Preparation & Organization  
Free Training and Informational Session for Caregivers  
[Register here](#)

**Wednesday, February 12, 2:00 - 3:00 PM**

Webinar: What is a section 504 Plan?  
Free Training and Informational Session for Caregivers  
[Register here](#)

**Friday, February 14 & Monday, February 17**

PRS Closed for Lincoln's Birthday & Presidents Day

**Wednesday, February 26, 9:00 AM - 4:00 PM**

Youth Mental Health First Aid Training  
Virtual. [Register here](#)  
Free to those living or working in Plumas, Lassen,  
Sierra, or Modoc County

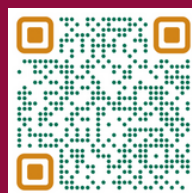
## DCM PROGRAM CLOSING

PRS has operated the Disaster Case Management Program in Plumas County for the Dixie Fire since it launched in 2022 with FEMA funding. FEMA extended that program until August 2024, at which point North Valley Community Foundation and the Dixie Fire Collaborative provided funds to extend the program another 6 months. This permitted PRS to finish working with those clients whose cases were the most complex.

The DCM Program will be closing its doors at the end of this month on February 28th. PRS has appreciated the opportunity to serve fire survivors in its community for the past three and a half years. We are proud of the resilience of the Indian Valley community and beyond who have faced this challenging time with perseverance and vision. We know the road to recovery is still long, and we will continue to be there along the way.



**DONATE TODAY:**



**530-283-2735**

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