

PLUMAS RURAL SERVICES

JUNE 2025

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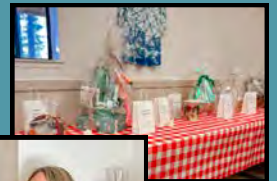
PRS FUNDRAISER A SUCCESS!

PRS would like to thank the community for coming out to its Spaghetti Dinner Fundraiser on Friday, May 30th. A delicious dinner by Cumbas II Go was enjoyed by more than 80 supporters, along with a lively silent auction and raffle that raised \$12,000 for the agency!

An enormous thank you is due to both Portola Rotary for its \$5,000 donation and to Plumas Bank for its \$2,500 donation to the agency in honor of the decades of service of both Executive Director Paula Johnston and Program Service Manager Bob Battistoni. Cumbas II Go made the evening possible with their very generous donation of food and time in catering!



Silent auction items were generously donated by Wilburn Construction, Nails by Joni, Plumas Pines Golf Course, and Donna Meyers. A lovely assortment of raffle items were donated by Briar Patch, Body & Soul, Debbie Guy, Deedra Desentz, Feathers, Forest Stationers, Graeagle Mercantile, Graeagle Outfitters, Headwaters, InterPulse Massage, Iron Door, Leon & Roy's, Michelle Agpalo, Molly June Salon, Nina Peay, Portola Village Pharmacy, Sugar Pine Coffee & Creamery, The Brewing Lair, The Drunk Brush, The Peak, Trouts Cafe, and Wild Pines. Thank you to all for making this such a great event!





JOSHUA NIELSON

ALIVE COORDINATOR

Josh Nielson, ALIVE Coordinator, grew up in Davis, California, and as a child often visited his grandparents in Portola, exploring the surrounding area. After spending time living in San Luis Obispo, CA, Missoula, MT, and Ashland, OR, he moved to Indian Valley to be closer to family. He is proud to be a fourth-generation Plumas County resident.

Since moving to the area, Josh has prioritized supporting the community in his professional life. "The mission of Plumas Rural Services to empower and uplift communities aligns with my desire to see others be successful in their lives," he says.

Working for PRS has given Josh an opportunity to serve the community through supporting individuals and establishing strong relationships with organizations that promote integration and inclusivity in our region. As Coordinator of the ALIVE program, Josh particularly enjoys fostering opportunities for individuals who may not otherwise have had access to them.

When he is not working at PRS, Josh enjoys hiking the many trails and appreciating the natural beauty of this area. He serves on the Board of Directors for the Lost Sierra Food Project, a local organization focused on increasing knowledge and addressing food insecurity in our communities.

CHILDREN'S FAIR

PRS programs and staff came out in force to participate in May's Wildfire Preparedness and Children's Fair at the Plumas Sierra Fairgrounds on Saturday, May 17th.



The Domestic Violence Services & Shelter program hosted the Kidz Klub silent disco for those who wanted to dance their hearts out.

Child Care Resource & Referral had life-sized bubble pools along with fun giveaways like colorful sunglasses.



In-Home Respite Care and PRS Administration hosted a rock painting station with crayons, fruit snacks and water for families.

Family Empowerment Center and Early Start Family Resource Center handed out fidget toys and calming sensory tools.



Child Care Payment Program distributed kiddie swag bags full of fun, including playdough and pop-its.

It was another great day for Plumas County families, and an event PRS is always excited to participate in.

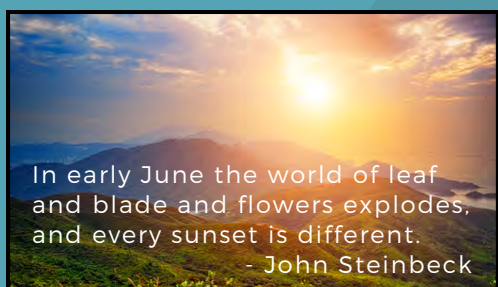
TRAUMA RECOVERY

PRS's Trauma Recovery & Education Program provides trauma recovery support to individuals suffering the effects of trauma in their lives. It also offers organizational education and training about trauma, its effects, and how to provide trauma-informed services. Individualized one-on-one sessions are offered to those who have suffered a trauma, whether in the recent or distant past, and who suffer from its lasting effects.

Unaddressed trauma can fuel hypervigilance, emotional reactivity, sensory overstimulation, poor sleep patterns/bad dreams, eating disorders, substance abuse/addiction, struggles with intimacy/affection and more. PRS's trauma recovery support can help address trauma, whether in the recent or distant past, and help explain the role it plays in current daily life. Clients learn to identify, interrupt and change maladaptive mindsets and behaviors rooted in trauma.

PRS's Trauma Recovery Practitioner, Julie Hatzell, also provides training and workshops on trauma-informed services. Trainings cover topics such as types of trauma, how trauma affects the brain and behavior, what trauma looks like in children and adults, how trauma impacts learning/relationships/daily activities, tools to create trauma-informed services, and compassion fatigue and the necessity of self-care. Trainings specific to the following areas are already developed: trauma-informed schools, patient care, customer service, and trauma in the office (working with clients who have experienced trauma). Training can be developed or tailored to meet an organization's specific needs.

For more information about Trauma Recovery & Education, visit the webpage [here](#) or call Julie at 530-283-2735, ext. 844.



In early June the world of leaf
and blade and flowers explodes,
and every sunset is different.
- John Steinbeck

PTSD AWARENESS

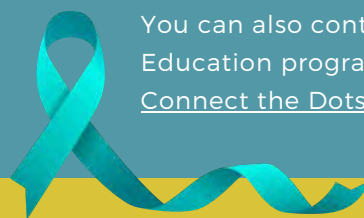
June is National PTSD Awareness Month. Although often associated with combat veterans, Posttraumatic Stress Disorder (PTSD) is a mental health condition that can impact any person of any age after experiencing or witnessing a traumatic event. Such traumatic events might include experiences like military combat, sexual or physical violence, natural disasters, or severe accidents.

According to the [National Center for PTSD](#) about six percent of the population will have PTSD at some point in their lives and about 12 million adults in the United States have PTSD during a given year. After a traumatic event, it is normal to have stress reactions including upsetting memories, feeling on edge, or having trouble sleeping. If symptoms exist for longer than a few months, a person may have PTSD. Individuals with PTSD may experience nightmares or unwanted memories of the trauma, avoidance of situations that bring back memories of the trauma, heightened reactions, anxiety, or depressed mood that impact their ability to perform in their social life, work life, or other important activities.

If you or a loved one are experiencing symptoms of PTSD, it's important to know that multiple treatment and support resources exist:

- [Find treatment](#) through treatment locators and helplines. These services are often free, confidential, anonymous, and available 24/7.
- Call or text the SAMHSA [Disaster Distress Helpline](#) for immediate support for people experiencing emotional distress related to natural or human-caused disasters. Services are provided by trained crisis counselors 24/7.
- [Hear from](#) Veterans, family members, and mental health providers sharing their experiences with PTSD and PTSD treatment.
- Learn about [First Responder training opportunities](#) to recognize various stressors and how to build behavioral health resilience.

You can also contact PRS's Trauma Recovery & Education program and/or attend this month's [Connect the Dots webinar](#) with Dr. Ryan Rogers.



NATURE MADE RETURNS

Nature Made is holding its last season of free monthly summer camps in Greenville, thanks to a grant award from North Valley Community Foundation and the Wildfire Relief & Recovery Fund. The camps will be held the second Saturday of June, July, and August at Wild Plumas in Greenville. Nature Made provides monthly outdoor youth programming in Indian Valley to promote resilience, instill hope, and create positive connections for K-12 kids.

Each event will have a variety of stations for kids to cycle through during a 5-hour day, 9:00 AM - 2:00 PM, on June 14, July 12, and August 9. Stations may include nature walks, craft projects, swimming and water play, bike riding, wall climbing, and legos.

Lunch and snacks are provided for all youth. Pre-registration is required; each youth participant must have a separate registration. Children under age 5 must be accompanied by an adult during the camp. For the June camp, the registration deadline is June 6th. More information and links for registration can be accessed [here](#).



TEENS IN NATURE CAMP

PRS is hosting a free 3-day summer camp for Plumas County teens ages 13-15 on June 25-27, 10 AM - 3 PM, at Coppercreek Camp in Greenville. Activities during the camp will include Mark Wellman and his mobile rock climbing wall, a low ropes course, a lake day, and activity stations such as disc golf, sand volleyball, cornhole, bocce ball, board games, arts/crafts, journaling, and more. A party with live music will close out the camp on Friday.

Continued...

Lunch and snacks will be provided each day. This camp has limited space and is open to all of Plumas County, though some spaces are prioritized for Indian Valley youth. Pre-registration is required by June 20th, and participants must attend all 3 days. More information and registration links can be found [here](#).

CONNECT THE DOTS

A NEW MISSION, DR. RYAN ROGERS

PRS regularly hosts Connect the Dots, a series of free, 90-minute training webinars taught by certified Mental Health First Aid and ASIST (Applied Suicide Intervention Skills Training) instructors as well as guest experts in the field of mental health. In June, a special edition of Connect the Dots will host Dr. Ryan Rogers for an introduction to his new book, "A New Mission: Unpacking the Military Mindset & Building a Stronger Life After Service". This special webinar will explore trauma, its various types, and the interconnectedness of trauma with other areas of our lives. Join us Wednesday, June 25th, from 10:30 AM -12:00 PM. [Register to attend here](#).

Dr. Rogers is President and CEO of ARISE Veteran Foundation. ARISE is a nonprofit focused on holistic vocational rehabilitation for disabled veterans and their families. Arise takes a unique, veteran-centered approach by focusing on the mind, body, spirit, and kinship to address the vocational rehabilitation needs of veterans affected by PTSD and physical challenges. Dr. Rogers is a passionate mental health advocate and is committed to empowering veterans with the skills and tools they need to create meaningful, healthy changes. Additionally, he provides caregivers with essential education and resources to better support their loved ones. His book is geared towards veterans that have transitioned from service and those close to civilian transition; caregivers and family members who want to help; and anyone seeking a stronger, purpose-driven life after service.



JOB OPENINGS

The following information includes a snapshot of available positions at the time of this newsletter's publication. Click on job titles for more information.

[TRANSIT DRIVER](#) \$18.00/hr during training, \$20.00/hr after getting Class B License
On-call position available. 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
On-call General Aide position open. The ALIVE program provides day services, independent living, job development and job coaching services to individuals with developmental, intellectual and physical disabilities.

Up-to-date information on employment opportunities may be found on [PRS's website here](#).

Wednesday, June 11, 11:00AM - 12:00 PM

IEP Meeting Preparation & Organization Training
Virtual Zoom Meeting
[Register here](#)

Wednesday, June 11, 2:00 - 3:00 PM

What is a Section 504 Plan? Training
Virtual Zoom Meeting
[Register here](#)

Saturday, June 14, 9:00 AM - 2:00 PM

Nature Made Kids Camp at Wild Plumas
1323 Greenville Wolf Creek Road, Greenville
Pre-registration required by June 6th
[More Info and Registration Link](#)

Wednesday, June 18, 6:00 - 8:00 PM

[Science Workshop](#) with Casey Nunn
FRC Child Development Center
570 Golden Eagle Avenue, Quincy
Pre-registration required: 530-283-4453, ext 824

Thursday, June 19

PRS Offices Closed in observance of Juneteenth

Saturday, June 25, 10:30 AM - 12:00 PM

Connect the Dots: A New Mission
Free webinar exploring trauma with Dr. Ryan Rogers
[More Information and Registration](#)

Wednesday, June 25, Thursday, June 26, & Friday, June 27, 10:00 AM - 3:00 PM

3-Day Teens in Nature camp at Coppercreek Camp
1887 Williams Valley Road, Greenville
Pre-registration required by June 20th
[More Info and Registration Link](#)

DONATE TODAY:



530-283-2735

www.PlumasRuralServices.org

Facebook: @prs.social

X (formerly Twitter): @PRS_Inc

Instagram: @plumasruralservices_inc

