

PLUMAS RURAL SERVICES



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INSIDE THIS ISSUE:

DOMESTIC VIOLENCE SERVICES - 1

STAFF HIGHLIGHT - 2

DV AWARENESS - 3 & 4

PARENTING - 4

CALENDAR - 5

JOB OPENINGS - 5

DOMESTIC VIOLENCE SERVICES

Plumas Rural Services (PRS) provides the Domestic Violence Services (DVS) program for Plumas County, as well as an emergency safe shelter serving both Plumas and Sierra Counties. The program aims to empower those affected by domestic violence compassionately through support, advocacy, education, encouragement, and outreach. Our staff fosters safety, strength, healing and independence in an effort to prevent future violence and inspire lasting change for adults, youth and the community.

Domestic violence includes physical, emotional, psychological, verbal, financial, and other forms of abuse. It affects people of all genders, sexual orientations, ages, religions, races and ethnicities, economic classes, and educational backgrounds. See the "Domestic Violence Awareness Month" article on pages 3-4 of this newsletter for more information about types of abuse, red flags to watch for in a relationship, the cycle of violence, and community events in October to raise awareness of domestic violence and its impact.

PRS-DVS offers a host of services to support any person that identifies as a victim of domestic violence within an intimate partner relationship regardless of their race, ethnicity, sexual orientation, gender, or religious beliefs:

- Safety Planning
- Legal Advocacy
- Transportation
- Case Management
- Emergency Food & Clothing
- Temporary Emergency Housing
- Paraprofessional Counseling

Safety planning helps survivors create a plan for them and their family members to remain physically and emotionally safe. Legal advocacy provides assistance with filing restraining and emergency custody/visitation orders; staff can help submit paperwork and provide court accompaniment. Case Managers help participants with

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DEBBIE GUY

CHILD CARE R&R COORDINATOR

Child Care Resource & Referral Coordinator Debbie Guy's parents moved from Santa Cruz to Plumas County in 1979, seeking a small town environment to raise their family. Like many, she was anxious to get out to bigger cities, and she moved away at 17. When she had her own children, however, she moved back to Plumas County to raise her kids in a small town environment as well. It's a cycle many in this area are familiar with. What she particularly loves about living here is the small town atmosphere, where people are helping people and you know your neighbors.

Debbie came to PRS in 1998, starting as a Domestic Violence (DV) Counselor, which allowed her to stay home with her children during the day and work while they slept. After 4 years, she moved into the DV Program Assistant position and began working for the agency full time. In 2006, she transitioned to the Child Care Payment Program, and finally landed in the Child Care Resource & Referral program in 2013, where she has been ever since.

Debbie loves hosting trainings for Plumas County's child care providers, as well as onboarding new child care providers. "I enjoy watching them walk in and helping them start a new venture," she says. "They start out empty and I get to watch them fill up and

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become successful businesses." She gets to know the providers well, working with some of them for years and years. She also really values her longevity with PRS, knowing that she can help anyone walking in the door to connect with any program or service the agency has to offer.

When she's not working, Debbie spends time with her family, visiting her mother in Georgia at least a couple of times a year (and catching monster fish!). She likes to kayak, soap making, and crafting in general.

DV SERVICES, Cont.

Continued from pg 1...

obtaining housing, benefits, legal services, counseling, and employment. They help with obtaining important records, accompany participants at medical and non-medical appointments, assist with goal setting, and more.

Survivors can select which services they would find helpful. They can access our services whether or not they intend to stay in their relationship, and they do not have to file a report to receive services. Services are free, confidential, and can be provided anonymously.

PRS-DVS can be reached during normal business hours, Monday - Friday 8AM-5PM, at 530-283-5675 or at 711 E. Main Street in Quincy. After hours, you can text a DV Advocate at 530-999-2126 or call the 24-Hour Crisis Hotline at 833-723-2968. More information about the PRS-DVS program can be found [online here](#). We encourage community members seeking a way to support the program to visit our [Amazon Wishlist](#); [direct donations](#) also provide critical assistance to our program.

Click to view the Connect the Dots Community Training video on intimate partner relationships: [Shifting the Lens on Domestic Violence](#)



DV AWARENESS MONTH

October is nationally recognized as Domestic Violence Awareness Month. Domestic violence, or intimate partner violence, is when a person is physically, emotionally, psychologically, and/or verbally aggressed upon by their intimate partner. It is when one partner exerts their power and control over the other. The term "intimate partner" refers to both current and former spouses and dating partners, and parents of a child in common.

There are several red flags that may indicate you are in an abusive relationship, such as if your partner:

- Isolates you from friends and family
- Shows extreme jealousy of others or makes accusations of infidelity
- Restricts access to needed medical or mental health services or employment
- Withholds, controls, monitors finances
- Demeans, puts down, shames, and/or degrades you; insults you or calls you names
- Boasts superiority over you, makes you feel inferior
- Forces and pressures you for unwanted sex
- Causes fear for emotional or physical safety
- Endangers children
- Threatens self-harm or harm to you, family, friends, and pets if you leave or try to leave
- Threatens taking children
- Demonstrates anger/intimidation, mood swings, shouting, hitting wall, throwing/kicking, silent treatment
- Searches through personal belongings like your purse, phone, or car
- Gaslights you, attempts to make you feel 'crazy' with statements like "you're crazy" or "you're being irrational"
- Asserts control over your life (i.e., around clothing, relationships, social media, phone)

Domestic violence can include many different types of abuse:

- **Physical** - pushing, shoving, spitting, hitting/slapping, hair pulling, strangulation/choking
- **Emotional/Psychological** - intimidation, coercion, degrading language, manipulation, public humiliation, threats of physical harm to self/others/pets, gaslighting, threats of using immigration status

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- **Financial/Economic** - controls finances, limits/withholds access to money, keeps financial secrets or hidden accounts, requires disclosure of income/spending, interference with employment
- **Verbal** - any abusive language used to disparage/embarrass/harass/threaten, threats to hurt or kill victim/family/friends/pets, threats to destroy property/reputation, telling victim they are unattractive/lucky to have them because no one else would want them, yelling/screaming, silent treatment
- **Sexual Abuse** - using force/coercion/guilt/manipulation to engage in intimacy, making the victim have sex with others/have unwanted sexual experiences, exploiting a victim who cannot make an informed decision about sexual activity due to being asleep/intoxicated/drugged/disabled/too young/too old/dependent upon or afraid of perpetrator, nonconsensual sexual contact through unwanted penetration or touching

Abuse in relationships often follows what is known as a cycle of violence. During the **Tension-Building** phase, the abuser may be argumentative, criticize, yell, or use angry gestures. Victims may feel like something bad is about to happen or like they are walking on eggshells. The **Violence** phase is sometimes known as the 'Explosion' phase where a major act of violence occurs, such as a physical or sexual attack, threats to harm, and verbal abuse. After the explosion, in the **Honeymoon** phase, the abuser feels sorry, acts apologetic and loving, and may say things like 'I'll never do it again,' 'I'm sorry, I never meant to hurt you,' or 'I promise I'll change/get help.' They may shower the victim with gifts or act like the person they first fell in love with. Things get better for a little while, but the honeymoon doesn't last. The tension starts all over again, and the cycle continues.



Everyone deserves to be in a healthy, respectful, trusting relationship with their partner. If any of the above has you concerned about your relationship, contact our program with questions or for support.

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DV AWARENESS, Cont.

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At PRS, we promote awareness of domestic violence within our communities through our Purple Lights campaign. Businesses display purple lights in October to both raise awareness and signal support for survivors of domestic violence in our community. Plumas County businesses may contact our program for a purple light while supplies last.

The DVS program is also hosting two October events.

On Sunday, October 5th, from 1-4 PM, we are holding a Paint 'N' Sip event at The Drunk Brush in Quincy (438 Main St.). The guided painting class, led by Tricia Hollyhox, will include all materials and a beverage for a \$40 fee. Pre-registration is required.



Project

On Sunday, October 26th, we invite community members to join us for Bloom with Strength, a workshop held at Marigold Blooms in Blairsden (8930 CA-89, Unit 8900), to build flower baskets. There are three waves of the workshop - from 1-2 PM, 2-3 PM and 3-4 PM; a \$45 fee covers all workshop materials. Participants may take their flower basket home, or they can donate them back to the PRS-DVS program. Donated baskets will be sold at Feather River Co-op in Quincy from October 27 - November 3; PRS-DVS will use the proceeds towards its November children's boot drive as a way for the program to give back to its community. Pre-registration is required.

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Finally, PRS's Domestic Violence Services will be holding a Winter Boot & Sock Drive to help Plumas County children keep their toes warm all winter long. New and gently used children's boots and new children's winter socks can be donated at any Plumas Bank branch in Plumas County. Monetary donations can also be made and will be combined with the proceeds from the floral basket sales at Feather River Co-op to purchase boots and socks.

The PRS-DVS Program appreciates all its partners and community members who support the critical work it does every day to help survivors of abuse, as well as all those who help amplify its message to bring awareness to the issue of domestic violence.

NURTURING PARENTING

The Mindful Nurturing Parenting online sessions for parents of children ages 0-5 are launching soon! PRS has finished shooting the first video in this 8-session series funded by First 5 Plumas to support families of children age 0-5 in the parenting journey.

Once it is released, parents will be able to access the video through this webpage and begin learning with Mindful Living Coordinator Leslie Wall, who has over 20 years of experience working with children, families and individuals and facilitating classes and workshops. Throughout the series, Leslie will guide parents in taking small, sequential steps to create a mindful, nurturing relationship with their child.

Parents can text PRS staff along the way with requests for additional parenting resources on issues like potty training, sleep issues, school readiness, and more. While funds last, parents can also access a limited number of one-on-one sessions with Leslie to get targeted support.

Parents of children 0-5 who complete the 8 video sessions will be eligible for an incentive that supports them and their family, such as diapers, board books, developmental toys, and more. More information is available by calling 530-283-2735, ext. 883.



Sunday, October 5, 1:00 - 4:00 PM

Paint 'N' Sip, DV Awareness Event
The Drunk Brush, 438 Main Street, Quincy
\$40/person, [Pre-registration required](#)

Monday, October 13

Indigenous Peoples' Day
PRS Offices Closed

Sunday, October 26, 1:00 - 4:00 PM

Bloom with Strength, DV Awareness Event
Marigold Blooms, 8930 CA-89, Unit 8900, Blairsden
\$45/person, [Pre-registration required](#)

Thursday, October 23, 6:00 - 8:00 PM

CPIN Region 2 Professional Development
PTKLF - Social & Emotional Development
PRS, 711 E. Main Street, Quincy
Dinner provided, [Pre-registration required](#)

Monday, October 27 - Friday, November 3

Winter Boot & Sock Drive, collections of new or used children's boots and new children's winter socks at all Plumas Bank sites in Plumas County

Tuesday, October 28, 6:00 - 7:30 PM

Family Child Care Business Tax Workshop
PRS, 711 E. Main Street, Quincy
Dinner provided, Counts as 1.5 hours of CCIP Training
Register by 10/21 with Debbie at 530-283-4453, ext 824



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.

FAMILY EMPOWERMENT CENTER FAMILY SPECIALIST

(Part-time)

Provides information on resources to families of children and young adults with disabilities in Lassen, Modoc, Plumas and Sierra Counties. Provides training and support for children, young adults and their families. Additional pay for Bilingual in Spanish.

DOMESTIC VIOLENCE ADVOCATE (Part-time)

The DVS program provides counseling, legal assistance, emergency shelter, housing and job search assistance, food, clothing and transportation for survivors of domestic abuse and their children. Position works directly with clients and their children at the emergency shelter.

ALIVE GENERAL AIDE (On-call)

ALIVE SUPPORT SPECIALIST (Full-time & part-time)

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](#).

**October's poplars are
flaming torches lighting
the way to winter.**

- Nova Beir



DONATE TODAY:



530-283-2735

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Facebook: @prs.social

X (formerly Twitter): @PRS_Inc

Instagram: @plumasruralservices_inc