

Connected with PRS



Serving People. Strengthening Families. Uplifting Communities.



WHAT'S INSIDE:

Staff Highlight &
Farewell Wishes
Page 2

Food Drive 3

ALIVE Donation &
Celebration of
Longevity
Page 4

Family Resources
Page 5

Calendar & Jobs
Page 6

Mental Health Trainings

While we recognize National Suicide Prevention Month in September, PRS is highlighting its Community Training program and the many mental health training opportunities it provides. Across northern California, this program offers:

- **Mental Health First Aid** - a single-day training that will equip you to recognize signs and help someone who may be experiencing a mental health challenge or crisis; offered for adults to help adults or youth or for teens to help peers
- **ASIST** (Applied Suicide Intervention Skills Training) - a 2-day workshop that will equip you to recognize signs that someone may be having thoughts of suicide and how to complete an intervention using the PAL (Pathway to Assisting Life) model
- **safeTalk** - a half-day, interactive training that will assist you in identifying when someone may be having thoughts of suicide, how to speak with them, and how to connect them to safety

Continued page 3





Debbie & husband Gary McFarland

Debbie Shirk-McFarland

Fiscal Officer

Debbie Shirk-McFarland grew up in Sacramento, then lived in Monterey, before eventually moving to Genesee in 1993. Her family had lived in Plumas County for over 100 years. Her great-grandmother, Mary Penman, came over in a covered wagon originally, and her great-great-uncle, George Penman, was an original settler of Mohawk Valley.

Debbie joined PRS in 1996 with the Child Care Resource & Referral program while she worked on an Early Childhood Education certificate. After several years in that program, she moved to the Fiscal Department. In 2011, Debbie moved into the Fiscal Officer role, leading the fiscal operations of the agency ever since.

"I appreciate that what I do helps provide vital services in the community, ensuring these programs continue to be available."

One of the best parts of Debbie's job is that she helps the programs at PRS survive and thrive. "I enjoy working with the employees here," she says. "I can help them get the most out of their programs, problem-solving so they can best serve their clients with what their actual needs are."

When Debbie isn't working, she can be found volunteering with her church and with the Assemblies of God camp in Mineral. She loves being in and around water, traveling, and spending time with her dogs, Bonnie and Bruce, who are very talkative.

Farewell James Shipp

James Shipp has been a dedicated and thoughtful Board Member with PRS since 2019, serving in the last several years as first the Vice-President and then the President of the Board. James and his family are moving away, and this month marks his last with PRS. Our agency is grateful for his time and expertise, as well as the insight and care with which he has guided our organization. He will be missed.

We wish James and his family all the best as they move on to their next adventure in life!

Mental Health Trainings

continued from page 1...

PRS is joining Plumas County Behavioral Health on Wednesday, September 30th, for a community Suicide Vigil from 5:30 - 7:00 PM at Dame Shirley Plaza in Quincy. This event is a reminder that "A Healthy Community is an Educated and Supported Community". Food, music and activities for all ages will be available, along with opportunities to remember those we've lost, celebrate life-promoting programs, discover community resources, and connect with service providers.

For more information about the Community Training program, visit the [website](#) or [email](#) or call Coordinator Dana Nowling at 530-283-2735, x856.

Food Drive

During the month of September, PRS's [Domestic Violence Services](#) is hosting a Food Drive for Plumas County kids to shine a light on the link between domestic violence and food insecurity.

Between September 1st and 25th, the public is invited to drop off items such as non-perishable microwave foods, individually packaged snacks and drinks, fruit cups, jerky, etc., at any of the following locations:



***This year's Suicide Vigil theme:
A Healthy Community is an
Educated and Supported
Community***



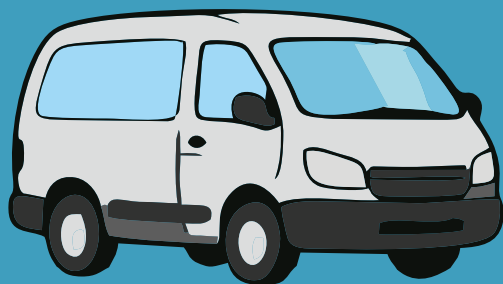
- PRS Office, 711 E. Main Street (Quincy)
- Feather River Food Co-op (Quincy & Portola)
- Grocery Outlet (Quincy)
- Plumas Bank (Quincy & Portola branches)
- Leonard's Market (Portola)

Food will be distributed to kids in Plumas County schools during October's Domestic Violence Awareness Month. [Cash donations](#) can also support this project. For more information, call 530-889-8953.



ALIVE clients during a trip to the Monterey Bay Aquarium.

The ALIVE program relies on the van to transport clients within the community and on field trips and excursions to explore fascinating locations near and far.



Bread for the Journey

Donation for ALIVE van

Bread for the Journey Feather River has joined others in the Plumas County community to support the [ALIVE program](#) for adults with developmental and intellectual disabilities. They are providing a \$2,000 grant towards the purchase of a new, wheelchair-accessible van for the program. In December 2025, a fallen tree branch destroyed the van used to connect ALIVE clients with vital resources and opportunities in the community. Replacing the van is essential to ensuring ALIVE clients can continue to grow, integrate, and thrive.

Raising funds for the new van is an ongoing effort until enough has been collected for replacement. If you or your organization are interested in donating, please [click here](#).

Cheers to the Years

Celebrating Staff Dedication

In August, staff held a special celebration to honor 7 employees who have dedicated 25 years or more to PRS. These employees exemplify our core values: Respectful, Innovative, Supportive & Engaged.

- Bob Battistoni, Program Services Manager (37 years)
- Paula Johnston, Executive Director (35 years)
- Debbie Shirk-McFarland, Fiscal Officer (30 years)
- Debbie Guy, Child Care Resource & Referral Coordinator (28 years)
- Judith Altes, Domestic Violence Advocate (27 years)



- Deedra Desentz, Child Care Payment Program Coordinator (26 years)
- Leslie Wall, Mindful Living Coordinator (25 years)

We are proud of these service-oriented individuals who are committed to bringing their best to their clients, colleagues and communities. Congratulations!



Family Resources

As we enter the 'back-to-school' time of year, PRS would like to highlight the many services and supports we offer for families in our service area.

- Child Care Payment Program - Support for parents who need financial assistance to afford child care in order to work, look for work, participate in a training program, who are homeless or incapacitated, or referred by Child Protective Services or County Welfare in Plumas County.
- Child Care Resource & Referral - Support for parents seeking child care and for those who are or who are seeking to become child care providers in Plumas County.
- Early Start Family Resource Center - Support for families of children 0-3 who have or are at risk of having a disability or developmental delay in Plumas County.
- Family Empowerment Center - Support for caregivers of children and young adults with any disability in Lassen, Modoc, Plumas or Sierra County.

BACK
TO
SCHOOL

- In-Home Respite Care - Respite care for primary caregivers of anyone with permanent or temporary full-time care needs, including those with disabilities, seniors and dependent adults, and/or adults who are recovering or recuperating in Lassen, Modoc or Plumas County.
- Parenting Classes - Mindful Nurturing Parenting courses delivered one-on-one in virtual sessions with our Mindful Living Coordinator for caregivers anywhere. A digital course for caregivers of children 0-5 can be available online as well.

- Transit - Free public transportation on Plumas Transit Systems for any user of the bus network; includes route deviation up to $\frac{3}{4}$ of a mile for individuals with disabilities.
- WIC - Nutrition assistance and breastfeeding support and education for families with children 0-5 and women who are pregnant or postpartum in Plumas County.

Other services PRS offers may also support families; the full range of services can be found on our website.

Coming Up at PRS...

Events, Trainings, & More

September 1 - 25

Plumas County Children's Food Drive

See page 3

Tue, September 29, 6:00 - 7:30 PM

Community Care Licensing Q & A
PRS Office, 711 E. Main Street, Quincy
Counts as 1.5 hours of CCIP Training
Free event for child care providers
Dinner provided, Register by 9/21
Call Debbie at 530-283-4453, x824

Wed, September 30, 5:30 - 7:00 PM

Suicide Vigil
Dame Shirley Plaza, Quincy
See page 3



JOIN OUR TEAM!

Visit [our website](#) for up-to-date information on positions and to apply.

Transit Driver - On-Call

This position available at time of print.



"September days have the warmth of summer in their briefer hours, but in their lengthening evenings a prophetic breath of autumn."

– Rowland E. Robinson



**Donate
Here**



Find us online...

Facebook: @prs.social

X (formerly Twitter): @PRS_Inc

Instagram: @plumasruralservices_inc