



We Are Stronger TOGETHER

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Addressing trauma after the Camp Fire by building resiliency.



Sharing Hope in Hard Times

CETA encourages mental health support in wake of disaster

BY HOWARD HARDEE

Nearly a year after the Camp Fire upended life in Butte County, Care Enough to Act (CETA) continues to focus on helping the community recover from the disaster.

As a committee working on suicide prevention and mental health awareness in Butte County, CETA offers a message of hope and resiliency in the face of trauma.

In the aftermath of the Camp Fire, many lost the stability of their homes, neighborhoods, steady work and, in some cases, even loved ones. With the support of local organizations, CETA provides hope and healing to vulnerable residents who are struggling to cope with their new reality.

“You don’t need a mental health diagnosis to seek support for emotional distress after an event like the Camp Fire,” said Holli Drobny, co-chair of CETA and program manager at Butte County Behavioral Health. “If you choose to use mental health resources or seek help from friends and family, that is a good thing, and it’s even recommended.”

CETA itself does not directly provide mental health services, but rather focuses on big-picture strategies to address community-wide problems and promote education and awareness. A core component of that effort involves simply getting people to talk about mental health, thereby reducing the stigma associated with thoughts or behaviors relating to suicide.

Conner Wenzel, a fellow co-chair of the CETA committee and a representative for Stonewall Alliance of Chico, said the group’s efforts include Camp Fire victims but also extends to all members of the community.

“The folks that are accessing Stonewall’s services after the fire represent all different backgrounds, personalities and identities,” he said.

“We’re already a very traumatized community, and to go through the deadliest wildfire in California’s history only deepens those issues,” added Drobny.

It’s normal to struggle with trauma, which can stem from adverse childhood experiences (ACEs) such as emotional, physical or sexual abuse; domestic violence among parents; neglect; parental separation; drug use or severe mental illness in the household. Butte County has the highest prevalence of ACEs in California. Trauma can also come from the combat-related memories of veterans, substance abuse, living on the streets and natural disasters like the Camp Fire.

Even for displaced residents struggling with multiple layers of trauma, it’s possible to find hope when all seems lost.

“What’s great about resiliency is that it’s not something you either have or don’t have, it’s something you can learn and build upon,” Drobny said. “Resiliency is kind of like a muscle you can build and flex, and it’s what provides hope to all of us.”

“You don’t need a mental health diagnosis to seek support.”
Holli Drobny
Co-chair of CETA



Conner Wenzel (left) and Holli Drobny (right) strive to combat the stigma of mental illness by building coalitions of support in Butte County through CETA.
PHOTO BY PAULA SCHULTZ

THE CAMP FIRE’S TOLL

As the deadliest and most destructive fire on record in California, the Camp Fire’s damages include:

 **153,000**
acres burned

 **14,000**
residences destroyed

 **85**
fatalities

 **52,000**
people evacuated

 **61**
BCBH staff members lost homes

 **2**
BCBH clinics closed

 Many residents who receive services from Butte County Behavioral Health (BCBH) were among those impacted by the disaster.

 BCBH coordinated with surrounding counties to ensure continuity of care for clients who were displaced from the area.

Refugees from Paradise

How displacement can feel like
being homeless

BY HOWARD HARDEE

Mike Robertson wasn't upset when his mobile home was destroyed by the Camp Fire. He was behind on bills and never liked the mobile home much anyway.

"Every day, I told myself, 'I want out of this place,'" he said. "When it burned, I felt relieved."

What's happened since his family was displaced from Paradise is what really bothers him. The whole family — Robertson, his wife and their two girls — temporarily moved into a tent in the parking lot of Walmart in south Chico. Then, they spent a couple of months in a Gridley motel room before moving to Oroville to live in a 5-wheel RV that was donated to them. They've been there since January.

It's not an ideal living situation. Despite Robertson now holding down a relatively good job monitoring Paradise cleanup crew as a task

force leader (TFL) — the "best paying job I've had in my life," he said — they still can't find a place to rent in Butte County's tight housing market.

"We're not homeless, but we feel homeless," he said. "I make more than enough money to find a place to rent, but there's nowhere to rent. There's no decent housing."

Add transportation issues and unresolved trauma from the disaster, and tensions often boil over in the cramped quarters of the RV. Usually able to manage his emotions, Robertson finds himself crying uncontrollably at odd times, or walking with his shoulders slumped and head hanging.

"I feel timid when I'm talking to people," he said. "My anxiety is off the hook; and I'm constantly scared. I don't think I'm handling it well at all."

Robertson's family is one of many grappling with

the practical difficulties of being Camp Fire refugees, according to Valerie Sanz, a career and life planning instructor at Butte College. Many of her students have been displaced by the fire, some are now living in their cars, on the streets or in FEMA trailers.

"I'm a huge believer in therapeutic intervention," she said. "I think it's important to reach out and get support when support is necessary. I have pretty good coping skills that a lot of people don't have; but it's still mentally exhausting."

Robertson and his wife have considered counseling, but just can't find time since Robertson started working 14 hours a day. With no choice but to grind through an immensely difficult period, he's clinging to reasons for optimism: "I have a good-paying job, my daughters are awesome and I know my wife loves me," he said.



"My anxiety is off the hook; and I'm constantly scared. I don't think I'm handling it well at all."

Mike Robertson
Refugee, Camp Fire Survivor

PTSD RESOURCES

Butte County Behavioral Health: During a mental health crisis, call the 24/7 crisis line at **800-334-6622** or **530-891-2810**.

California HOPE of Butte County: HOPE Counselors meet with fire survivors, facilitate educational and support group meetings and provide support at community events. To set up a meeting, call **530-966-7382** or email calhopebutte@gmail.com

Center for Spiritual Living Chico:

The center periodically hosts workshops on trauma, anxiety, PTSD and depression that are free and open to the public. For more information, call **530-895-8395**

Iverson Center:

Provides a variety of peer-led support groups including PTSD support. For more information, call **530-879-3311** or visit nvcss.org/programs/iversen/

Heartstrings Counseling:

Offers therapy to locals of all insurance statuses. Heartstrings helps people who are grappling with depression, anxiety, PTSD and relationship difficulties. To learn more, visit heartstringscounseling.org

Chico Vet Center:

Helps vets with housing assistance, behavioral health treatment and case management. To learn more, call **530-899-6300** or visit vetsresource.org/

Stonewall Alliance of Chico:

The center's counseling program is committed to providing a safe, affirming and inclusive environment, including members of the LGBTQ+ community. To learn more, visit stonewallchico.org/



For many who lost their homes in the Camp Fire, FEMA trailers have given temporary shelter to those who need it most.

Caring for the Most Vulnerable

No matter the struggle, there is help available for those who need it

BY HOWARD HARDEE

As someone who has long struggled with substance abuse, Toren had lost his job and relapsed into drug addiction in the weeks leading up to the Camp Fire.

On the morning of Nov. 8, he was attempting to go cold turkey by sleeping through the withdrawal, and woke up only because his boyfriend frantically shook him awake and told him the house was on fire.

They barely escaped Paradise with their lives. The couple spent five hours in gridlock while the sky rained chunks of flaming rubble and tanks of propane exploded nearby. The fire eventually overheated one of their vehicles and forced them to abandon it roadside while they drove on together.

The scene is burned into Toren's memory. And he's still trying to wrap his head around aspects of surviving the Camp Fire: "I don't know how to describe the feeling of coming to

terms with the fact that you might burn alive in your vehicle."

Toren's boyfriend left him shortly after the disaster, citing his relapse. Although Toren was fortunate enough to secure a FEMA trailer, it's been a struggle to secure a job in Chico due to transportation issues from losing his car in the fire. Making matters worse, he recently lost

to be affected by rental increases and eviction notices due to the housing shortage.

Services do exist for people who are hurting, said Lisa Currier, director of Crisis Care Advocacy and Triage and a member of Care Enough to Act. Her organization reaches out to people on the streets and in shelters — including but not limited to those displaced

by the fire — and connects them with drug counseling, cognitive behavioral therapy and housing services.

Many of the people Currier encounters are dealing with multiple layers of trauma, like Toren. Their troubles didn't begin with the Camp Fire; but the disaster did add a new, complicated layer to everyday life.

"People are suffering, scared and don't know what to do or where to go for services," Currier said. "They're having trouble managing the day-to-day, let alone dealing with so many people dying and fleeing a giant fire. The beautiful side is that we go out and help people every single day."

"People are suffering, scared and don't know what to do or where to go for services."

Lisa Currier
Director, Crisis Care Advocacy and Triage

his storage unit. Such personal and practical matters can be difficult to resolve while riding out the aftershocks of a major traumatic event.

Many locals have struggled with the wide-ranging effects of trauma before and after the Camp Fire, including residents who continue

**HELP IS A CLICK
OR A CALL AWAY -
DIAL 211**

Post-traumatic stress disorder, depression and anxiety are commonly experienced after major disasters such as the Camp Fire. But you don't have to suffer alone. One way to find mental health services in Butte County, which are not limited to Camp Fire survivors, is to search the Butte-Glenn 211 community resources database at helpcentral.org. You can browse through the categories or type in keywords to find specific services.



For mental health services specifically oriented toward survivors of the disaster, go to helpcentral.org/camp-fire-information.



Behavioral Health Services:
Call **530-891-2810** or **800-334-6622**



Disaster Distress Helpline:
This toll-free, multilingual, and confidential crisis support service is available 24/7, 365 days a year, providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disasters. Call **800-985-5990** or text **TalkWithUs to 66746** to connect with a trained crisis counselor.

It's A Collaborative Effort

Finding shelters for the displaced is its own reward

BY HOWARD HARDEE

Siana Sonoquie was on the front lines of the emergency shelter response to the Camp Fire.

As part of a six-member outreach team, she focused on the immediate needs of disaster-stricken Paradise refugees at a Red Cross shelter stationed in the Silver Dollar Fairgrounds, in addition to helping those at the tent city that popped up in a nearby Walmart parking lot. The majority of people Sonoquie

“Disaster relief really was a collaborative effort.”

Siana Sonoquie
Lead, Red Cross Outreach Team

encountered at the pop-up shelters were elderly, disabled, mentally ill or a combination of all three.

For many, jumping through the hoops to access emergency benefits through FEMA and the Red Cross seemed insurmountable; but the outreach team helped them navigate the system. When the Walmart camp closed,

Sonoquie helped coordinate relocation efforts with Chico police, the Downtown Ambassadors program and the Torres Community Shelter to a pop-up shelter at First Christian Church — in some cases driving people herself.

“This was about removing all the barriers,” she said. “If a Downtown Ambassador identified someone who wanted to go to the pop-up shelter, they would text me; and I would text for transportation; and Torres Shelter staff would pick them up and drop them off at the shelter. Disaster relief really was a collaborative effort. It was very much, ‘If there’s a need, fill it.’”

Sonoquie was a first-hand witness to some of the best aspects of the community’s response to the Camp Fire. She also witnessed some of the worst — namely, distinctions made between people who were displaced by the fire and those who were unhoused before the fire.

Many vulnerable people — especially those unable to relocate from the area due to financial, physical or mental limitations — have been squeezed out of Butte County’s tight housing market, forcing people to live on the streets or in substandard housing. Watching community members slip through the cracks has been a traumatic experience for an advocate like Sonoquie.



Siana Sonoquie rushed in to the Butte shelters after the Camp Fire to serve those who were severely impacted.
PHOTO BY PAULA SCHULTZ

But she also sees reasons for optimism in the ashes. She works for the Paskenta Band of Nomlaki Indians, which owns and operates Rolling Hills Casino. The other day during her lunch break, she took a walk to the tribe’s RV park, occupied by dozens of FEMA trailers.

“Just looking at all of these trailer parks and organizations that have come together — and thinking of the evacuees who are staying with family, sleeping on a friend’s couch, or renting a room — it’s just good to know some people have a place to stay,” she said.

HOUSING RESOURCES

Thousands of people who were displaced by last year’s Camp Fire remain without a permanent living situation. Here are several programs intended to help residents who have lost their homes in Butte County:

FEMA Housing:

Individuals and families impacted by the Camp Fire can register with FEMA for temporary or long-term housing options by calling **800-621-3362** or going to **disasterassistance.gov**.

Cal OES:

The state Office of Emergency Services outlines statewide wildfire recovery resources, with housing-specific information available on **wildfirerecovery.org**

U.S. Small Business Administration:

The Office of Disaster Assistance offers low-interest disaster loans for the costs of returning a primary residence to its condition prior to the disaster. For more info, visit **sba.gov/disaster-assistance/california-wildfires**

CampFireHousing:

This website is a platform for landlords and homeowners to offer rental homes and rooms to Camp Fire survivors. Be wary of illegitimate postings. **CampFireHousing.org**

RV4 Camp Fire Family:

This private group of citizens accepts donations of motor homes, RVs, and trailers and provides them to families in need of shelter. Find more info at **rv4campfirefamily.org**.

The Front-lines of Public Health



As a nurse, Jessica Johnson discovered the rewards of helping others after the Camp Fire.

PHOTO BY EMILY TEAGUE

One nurse finds her passion by supporting those in need

BY MATT JOCKS

While much was lost in the Camp Fire, some things of value were also found.

For some, it was a sense of community; for others, it was inner strength. For Jessica Johnson, it was a sense of direction.

A Butte County Public Health Nurse, Johnson, like nearly everyone else in the area, was thrown headfirst into a level of chaos she had never prepared for. Over the course of the next three months, Johnson learned things about herself and her job that pushed her to focus on her future.

“I realized, in doing this work, that this is what I want to do,” Johnson said.

While she was undecided about her long-term plans before the fire, Johnson said she plans to pursue a Master’s degree in Public Health and work towards advancing her career.

Enlightenment came in the form of some unforgettable moments in the three shelters she worked at.

On the day of the fire, she was tasked with setting up the Neighborhood Church shelter. A long ride through the traffic-tangled streets landed her in a

facility where she was the first nurse on site and had to take charge while she waited for the other nurses and medical supplies to arrive.

By the second night, the shelter had become the epicenter of a Norovirus outbreak, which behaves like a strong but fast-moving stomach flu.

“That night was insane,” Johnson said. “We didn’t have a room for

was moved to the Gridley shelter and, later, the shelter at the Silver Dollar Fairgrounds.

At each stop, things grew less chaotic with more equipment, more help and less Noro.

Due to Johnson’s availability, she was able to work the overnight shifts.

In the quiet early morning hours, she had time to learn about many of the people she cared for.

“A lot of them just wanted to be heard,” she said. “They were awake at 3 a.m. and we would have a chance to talk. It was a great way to connect with survivors but also, of course, very sad to hear what they went through.”

When everything started, Johnson said she was not at all sure she could handle what was thrown at her. But that changed.

“It really made me feel more capable,” she said. “You know,

some people may not understand the role of Public Health Nurses but I love Public Health. Seeing the impact we were able to make, I know this work is very important.”

“It was a great way to connect with survivors but also, of course, very sad to hear what they went through.”

Jessica Johnson
Nurse, Butte County Public Health

isolation. People were just throwing up in plastic bags. We were just running around picking up the bags and taking them outside.”

Along the way, Johnson contracted the virus herself and was sidelined for a few days. When she returned, she

MEDICAL SERVICES

Shalom Free Clinic:

1010 Mangrove Ave and 295 E. Washington Ave, Chico.
530-342-2445 or <https://shalomfreeclinic.org>

Butte County Public Health:

buttecounty.net/ph or 530-552-4000

Ampla Health Medical and Pediatrics:

680 Cohasset Rd, Chico. 530-342-4395

Ampla Magalia Clinic:

14137 Lakeridge Court, Magalia. 530-873-5030

Ampla Health Gridley Medical:

520 Kentucky Street, Gridley. 530-846-6231

Ampla Health Oroville Medical and Dental:

2800 Lincoln Street, Oroville. 530-533-6484

Ampla Health Orland Medical and Dental:

1211 Cortina Drive, Orland. 530-865-5544

Ampla Health Hamilton City:

278 Main Street, Hamilton City. 530-826-3694

Ampla Health Los Molinos:

7981 State Highway 99E, Los Molinos. 530-332-7540

Live Oak Clinic:

9980 Live Oak Road, Live Oak. 530-741-6245

UC Davis Medical Center Regional Burn Center:

4251 X Street, Sacramento. 916-734-3636

Bringing Hidden Trauma to Light

Maintaining mental health while helping others

BY MATT JOCKS



Shannon Simmons spent her career developing the tools she needed to do her job. But when it came time to use those tools on the most important project, it wasn't so easy.

A social worker with Passages Connection, Simmons helped clients deal with the chaos, heartache and trauma of the Camp Fire. When the chaos settled, it soon became clear that there was one more person who also needed help.

"It absolutely brought me to my knees," Simmons said of the cumulative effects of the Camp Fire. "It's humbling to feel so out of control."

Simmons said she fell into a "classic helping role," focusing on the needs of others first, until eventually her own needs became unavoidable. About four months after the fire, Simmons decided to take leave time.

"It became evident that I needed to take some time to work on myself and my relationships," she said. "I needed to get those self-care balls in motion."

Simmons took some time to just decompress. She also received therapy, saw a sleep specialist and reacquainted herself with the gym. She relied on the support of her husband and dove back into one of her passions — coaching roller derby.

These were concrete steps to deal with the effects of trauma that can sometimes be hidden. Though Simmons' house had been saved and she had not been directly harmed physically, the damage was still there.

"Beginning my own therapy made me understand how out of touch I was with my own feelings."

Shannon Simmons
Social Worker, Passages Connection

It came from the memory of a phone conversation with a client trapped by the fire, filled with fear and convinced there was no escape. The client eventually escaped, but Simmons said, "That's a level of awful I wouldn't wish on anyone."

Another client did not make it; Simmons learned from news media.

"I learned how they died and it was very traumatic," Simmons said. "I began to have intrusive thoughts about it and I did not know how to metabolize it."

Simmons works primarily with seniors, and sees herself as an advocate for a population whose particular vulnerability was highlighted by the disaster. Beyond that, her

trauma and the steps she took to address it were instrumental in growing her empathy.

"Beginning my own therapy made me understand how out of touch I was with my own feelings," she said. "That's easy to do when you're running around like a chicken with your head cut off."

"But I got to understand that I can actually feel this way. I can take ownership of it, allowing myself to be a human in the room, dealing with the human in front of me."

NORTHERN CALIFORNIA TRAUMA RECOVERY NETWORK:

Eye Movement Desensitization Reprocessing Therapy:

Visit norcal-emdr-trn.weebly.com or call 530-891-6767

Music Therapy:

For survivors and helpers contact Erin Haley at erin@haleymusictherapy.com 530-228-3483

Long Term Recovery Group:

A social, emotional and wellness resource guide (updated Fridays) campfirelongtermrecovery.org/

Butte County Website:

Buttecounty.net/behavioralhealth/campfire

Find the link under the heading mental health tips — "Tips for Health Care Practitioners and Responders"

SPOT THE SYMPTOMS

Symptoms for post-traumatic stress disorder fall into four categories. For those close to potential PTSD sufferers, special attention should be paid to children, seniors or those with disabilities, who may not be able or willing to share their symptoms.

RE-EXPERIENCING SYMPTOMS

- Flashbacks
- Bad dreams
- Frightening thoughts

AVOIDANCE SYMPTOMS

- Staying away from places, events or objects that are reminders of the experience
- Avoiding thoughts or feelings related to the event

AROUSAL AND REACTIVITY SYMPTOMS

- Being easily startled
- Feeling tense or on edge
- Difficulty sleeping
- Angry outbursts

COGNITION AND MOOD SYMPTOMS

- Trouble remembering key elements of the event
- Negative thoughts about oneself or the world
- Distorted feelings such as guilt or blame
- Loss of interest in enjoyable activities

SYMPTOMS IN CHILDREN

- Bed-wetting after successful toilet training
- Forgetting how or being unable to talk
- Acting out the scary event during playtime
- Being unusually clingy with parents or other adults

Source: National Institute of Mental Health

Trauma Isn't a "Bad Word"

Recognize the signs and get help early

BY MATT JOCKS

Bones mend and wounds close. What happens, however, when the injury isn't entirely obvious and the pain presents as something else?

Dr. Sésha Zinn, Psy.D., a licensed clinical psychologist and the deputy director of Butte County Behavioral Health, witnessed the effects of trauma long before the Camp Fire pushed the issue of post-traumatic stress into the headlines.

Although there remain some unanswered questions and contradictions regarding PTSD, Zinn emphasizes that the condition is real and that it has a tangible, physical effect on those who are dealing with it.

"We had situations where children were caught behind flames with their parents on the other side," Zinn said. "That involves one of the most basic instincts, protecting your child. That kind of trauma will change your brain."

Stress can also negatively affect the systems throughout the body, leading to illnesses and conditions that may seem unrelated. What makes it more difficult is that it doesn't come with an open wound or pain that can be easily located. And when it results from an event as shocking and traumatic as the Camp Fire, most are so focused on immediate responsibilities that they don't deal with underlying stress.

"We have clients, six or seven months later that are just starting to exhibit signs," Zinn said. "They have been in a state of shock and they've just been trying to navigate their world."

Even parents who have been looking for signs of trauma in their children often don't recognize the signs.

"They'll come in and say they see no signs of trauma," Zinn said. "But once the children have the opportunity to talk, it comes out. It's a matter of recognizing the signs, like a loss of interest in daily activities."

Zinn said stress will affect individuals differently, based on factors like genetic makeup and socioeconomic background.

Some aspects are counter-intuitive. Those who have had previous stress don't necessarily build coping mechanisms. Instead, it is likely to make them more sensitive.

Treating the stress immediately also may not be the best approach.

"We want to help people get to a place where they feel they can reach out," she said. "Many times, a family member who is affected the most will come in first. Then, the others start trickling in."

"There is a lot of stigma to it. In reality, you would go to the hospital for cuts or broken bones. It's the same thing."

"It's a matter of recognizing the signs, like a loss of interest in daily activities."

Dr. Sésha Zinn

Licensed clinical psychologist, Butte County Behavioral Health

"If you treat too intensely or too soon, you can re-traumatize the client," she said.

That said, trauma still needs to be addressed and victims are often reluctant. Either they are too caught up in managing their lives after a traumatic event, or they think seeking help is a sign of weakness. They may recommend help to others, but not take it themselves.



Dr Sésha Zinn educates those in Butte County about the hidden symptoms of PTSD and how to recognize them.

PHOTO BY EMILY TEAGUE

A Lesson in Trauma Care

Finding a new normal after the Camp Fire's been extinguished

BY MATT JOCKS

With its paintings and mini library, Virginia Partain's English classroom at Paradise High School felt less like a classroom and more like a home away from home. Until November 8, neither she nor her students had a full appreciation of what that meant.

That morning, students gathered early to study and have a little breakfast. They had seen the smoke, but it wasn't until the sky turned black that they realized things were about to change forever.

Many in that class, including Partain, would lose their homes. On top of that, Partain and the rest of the teachers would be asked to summon skills to serve their students that they didn't know they had.

Fortunately, tracking down the Paradise students was pretty easy.

"These students are so networked. If you find one, you're likely to find a bunch of them," Partain said.

In the aftermath of the fire, there were a lot of questions about what to do next. At first, the students and teachers gathered mainly to connect with each other, sharing hugs and tears.

When it came time for school, classes began online and then moved to nearby airport buildings. With noise from classes bleeding into one another, it was chaotic.

Mostly, however, it was the human dynamic that presented the biggest challenge. Traumatized teachers leading traumatized students down unfamiliar paths.

"A couple weeks in, I lost it," Partain said. "I had a total meltdown. My trauma hit and the kids watched me lose it. I needed to get help for myself if I was going to help them."

Therapy helped Partain "start to come back into [her] body." There was also alternative assistance, including an art therapy training, and literature that offered step-by-step approaches to help the children manage.

Unpredictability in the classroom became predictable. The initial joy of reunion with friends turned into resentment among seniors,

some of whom felt survival was hard enough without digging back into the school work. Students previously well-behaved began to act up and others became withdrawn.

Through it all, Partain tried to read the signs and act accordingly.

"You try to let the kids talk about their experience without getting other kids triggered," she said.

"You're constantly trying to balance, 'What is too much?' and 'What is not enough?'"

Somehow, the group managed to get to the end of the year. And along the way, the mini-library reappeared, along with some art work and tapestries. The makeshift class began to feel like a place of comfort again.

"I tried to give them as much normal as I could," she said.

"I had a total meltdown. My trauma hit and the kids watched me lose it."

Virginia Partain
English Teacher, Paradise High School



As an English teacher at Paradise High School, Virginia Partain had to seek help herself so she could help her students process the Camp Fire.

PHOTO BY EMILY TEAGUE

STUDENTS NEED TRAUMA INFORMED CARE



Trauma comes in many forms and affects individuals in ways that aren't always obvious.



Trauma informed care is about gaining a holistic understanding of each person and the source of their pain to collaborate on strategies that work for their unique needs.



Treatment can include deep breathing, meditation or using the power of words — anything that induces relaxation.



Trauma informed care also involves building a strong community of support among teachers, students, administrators and parents for those affected. It means meeting people who suffer where they are in the process and caring for them in the ways best suited to their individual recovery strategies.



Effects of untreated trauma are correlated with:

- Low literacy
- High dropout rates
- Behavioral outbursts
- Low achievement
- Social withdrawal
- Extracurricular avoidance
- Teen pregnancy
- Substance abuse

Care for the Caregivers

The Butte County Sheriff's Office realized their own staff needed support and counseling

BY THEA MARIE ROOD

The Camp Fire not only impacted residents in Butte County. It also had a devastating effect on the first responders, many of whom had homes and families in the fire's path.

"We were deployed to the command center on the morning of the fire — and nobody knew how severe it was yet," said Pastor Ed Hall, law enforcement senior chaplain for the Butte County Sheriff's Office. "But as we saw the teams coming in, we began to understand how devastating the fire was ... And the officers that were working were losing their homes and their families were being evacuated, while they were evacuating others."

On day two, those teams returned to the scene of the fire, and Hall did too. "I began to drive through Paradise," he recalled. "There were cars still on fire, power lines down. I knew our teams would be severely impacted."

So Hall called Sheriff Kory Honea with an idea: to bring in chaplains from all over the state. They also brought in psychologists, therapists, clinicians and peer-support teams from the state prison system, the first time they'd been deployed in the community. These grief-and-trauma specialists accompanied officers into the fire-ravaged areas.

"We had 600 law enforcement officers doing body recovery, finding dead and retrieving them, sifting through bones," Hall recalled. "And we also had a missing person unit, detectives looking for — at one point — 2,000 people."

Even the dispatchers and call center staff were traumatized after hours of just answering the phone. "They were listening to people who were absolutely hysterical, so worried about their loved ones," said Hall.

Hall's trauma specialists saw responders who were exhausted driving by familiar landmarks that were destroyed by the fire. Off-hours, many responders were trying to secure new housing where spouses and children would be comfortable and manage their family members' reactions and fears.

Hall said the chaplains' and therapists' daily presence was comforting and many officers took advantage of the counseling. Among

"The officers ... were losing their homes and their families were being evacuated, while they were evacuating others."

Pastor Ed Hall
Senior Chaplain, Butte County
Sheriff's Office



Pastor Ed Hall served as a spiritual support to the Butte county police and first responders during the Camp Fire recovery efforts.
PHOTO COURTESY OF ED HALL

the community, these mental health services reduced physical and verbal altercations, drug and alcohol intake and — the most extreme worry — suicidal ideation.

As the one-year anniversary approaches, Hall has advice for anyone who is still

struggling with their experience during the Camp Fire. "Talk about it," he said. "Just telling their story helps. Also focus on good eating and sleeping habits, get some physical exercise."

MOBILE CRISIS TEAM

The Butte County Behavioral Health Mobile Crisis Team (MCT) works with law enforcement to provide crisis-related outreach and respond to 911 requests for psychiatric or emotional crises in Butte county. MCT's mission is to reduce the use of involuntary psychiatric hospitalization by providing consultation, in-the-moment crisis assessment and direct support

to those who need it. MCT relies on peer specialists who have lived experience with mental illness to provide community members services tailored to their unique situation. Peer specialists offer emotional support, share knowledge, teach skills, provide practical assistance and connect people with resources.

Mental Health Resources

BUTTE COUNTY CRISIS

Behavioral Health 24/7 Crisis Line
800-334-6622
530-891-2810
www.buttecounty.net/behavioralhealth

Enloe Behavioral Health
530-332-5250
www.enloe.org/wellness

Crisis Care Advocacy and Triage
510-396-5109
bridginggapsbutte@gmail.com
www.ccat.life

BUTTE COUNTY SUPPORT

6th Street Center for Youth
(ages 14-24)
530-894-8008
www.6thstreetcenter.org

African American Family & Cultural Center
530-532-1205
www.aafcc-oroville.org

Butte County Behavioral Health
530-891-2810 (Access line)
www.buttecounty.net/behavioralhealth

Butte County Library
855-379-4097
www.buttecounty.net/bclibrary

Butte Youth Now
530-891-2891
www.butteyouthnow.org

Hmong Cultural Center of Butte County
530-534-7474
www.hmongculturalcenter.net

Homeless/Runaway Emergency Action Response
Team (HEART) (under 18 years)
877-478-6292
www.youth4change.org

Iversen Wellness & Recovery Center
530-879-3311
<https://nvcss.org/programs/iversen/>

The Jesus Center
530-345-2640
jesuscenter.org

NAMI Butte County
1-888-626-4530
530-343-7775
www.namibutteco.com

Northern Valley Talk Line
855-582-5554
nvcss.org/programs/northern-valley-talk-line/

Mothers Strong
www.helpcentral.org/mothersstrong
www.facebook.com/MothersStrong

Therapeutic Solutions
530-285-4602
www.therapeuticsolutionspc.com

Butte 211
Provides a way to quickly find low-cost and no-cost health and human services in Butte County 2-1-1
www.HelpCentral.org

PASSAGES
Serving older adults and their families
530-898-5923
www.passagescenter.org

Promotores
Serving Latinx and Hmong residents
530-345-1600
www.nvcss.org/butte/promotores

Stonewall Alliance
Serving the gender and sexual minority (LGBTQI+) community
530-893-3336
www.stonewallchico.org
center@stonewallchico.org
Low-fee, no-fee counseling
530-809-2485
counseling@stonewallchico.org

Torres Community Shelter
Serving the homeless community
101 Silver Dollar Way, Chico, CA
530-891-9048
chicosshelter.org

Veteran's Service Office
530-891-2759
www.buttecounty.net/dess/Services/VeteranServices

NATIONAL CRISIS

24-hour Crisis Text Line - Alex Project
Text "LISTEN" to 741-741
www.crisistextline.org

National Suicide Prevention Lifeline
800-273-8255
www.suicidepreventionlifeline.org

Red Nacional de Prevención del Suicidio
888-628-9454
www.suicidepreventionlifeline.org/GetHelp/Spanish

SAMHSA Suicide Safe mobile app
store.samhsa.gov/apps/suicidesafe

The Trevor Line
For LGBTQ+ youth suicide prevention
866-488-7386
www.thetrevorproject.org

Veterans Crisis Line
800-273-8255, press 1
www.veteranscrisisline.net

STATEWIDE SUPPORT

Each Mind Matters
www.eachmindmatters.org

Know the Signs
www.suicideispreventable.org

The Friendship Line
For older adults
800-971-0016
www.ioaging.org

SUPPORT AT SCHOOL

Butte County Office of Education
530-532-5650
www.bcoe.org

Butte College Student Health Clinic
530-895-2441
www.butte.edu/shc

Butte College Safe Place & Wellness Program
530-879-6185
www.butte.edu/safeplace

CSU, Chico Counseling & Wellness Center
530-898-6345
www.csuchico.edu/counseling

CSU, Chico Health Center
530-898-5241
www.csuchico.edu/shs

CSU, Chico Safe Place
530-898-3030
www.csuchico.edu/safeplace

GLENN COUNTY

Glenn County Behavioral Health
Welcome Line
530-865-6733
www.countyofglenn.net/dept/healthhuman-services/behavioral-health

TEHAMA COUNTY

Alternatives to Violence
24-hour crisis
530-528-0226
www.atvr.org

Children First Counseling Center
530-529-9454
www.lassencounseling.com

Family Service Agency
530-527-6702
www.fccredbluff.com

Head Start Counseling Services
530-529-1500
www.nccdi.com

Mental Health First Aid and Applied Suicide Intervention Skills Training (ASIST) Training
Available year-round through Tehama County Health Services Agency. To register, visit www.eventbrite.com and search TCHSA.
530-527-8491 ext. 3713
Kelly.Keith@tchsa.net

Tehama County Community Crisis Response Unit (CCRU)
530-527-5637
www.tehamacohealthservices.net/MentalHealth/crisis_services.htm

Tehama County Mental Health Outpatient Services
530-527-8491, ext. 3121
www.tehamacohealthservices.net

Youth Empowerment Center (YES Center)
530-527-8491 ext. 3127
www.tehamacohealthservices.net

City Plaza Nights Together We are Stronger



Price: FREE!
Date: Thursday, Sept. 26, 2019
Time: 6 p.m. - 9 p.m.
Location: Chico City Plaza,
W. Fourth St., Chico

Join us for a community-wide special event in honor of National Recovery Month.

Friends, family and co-workers will come together to celebrate recovery.

Find out more information at recoverymonth.gov/events/national-recovery-month-celebration-plaza or contact Terrye Lucas
530-518-6354



Recursos de Salud Mental

SERVICIOS DE CRISIS EN EL CONDADO DE BUTTE

Behavioral Health 24/7 Crisis Line
800-334-6622 or 530-891-2810
www.buttecounty.net/behavioralhealth

Enloe Behavioral Health
530-332-5250
www.enloe.org/wellness

Crisis Care Advocacy and Triage
510-396-5109
bridginggapsbutte@gmail.com
www.ccat.life

SERVICIOS DE APOYO EN EL CONDADO DE BUTTE

6th Street Center for Homeless Youth
(edades 14-24)
530-894-8008
www.6thstreetcenter.org

African American Family & Cultural Center
530-532-1205
www.aafcc-oroville.org

Butte County Behavioral Health Access Line
800-334-6622 or 530-891-2810
www.buttecounty.net/behavioralhealth

Butte County Library
855-379-4097
www.buttecounty.net/bclibrary

Butte Youth Now
530-891-2891
www.butteyouthnow.org

Hmong Cultural Center of Butte County
530-534-7474
www.hmongculturalcenter.net

Homeless/Runaway Emergency Action Response Team (HEART)
(menores de los 18 años)
877-478-6292
www.youth4change.org

Iversen Wellness & Recovery Center
530-879-3311
<https://nvcss.org/programs/iversen/>

The Jesus Center
530-345-2640
jesuscenter.org

NAMI Butte County
530-343-7775
www.namibutteco.com

Northern Valley Talk Line
Abierto cada día de 4:30 a 9:30 p.m.
855-582-5554
<https://nvcss.org/butte/nvtl/>

Mothers Strong
www.helpcentral.org/mothersstrong
www.facebook.com/MothersStrong

Therapeutic Solutions
530-285-4602
www.therapeuticsolutionspc.com

Butte 2-1-1
Centro de recursos para servicios de salud y bienestar de bajo costo y sin costo
Dial 2-1-1
www.HelpCentral.org

Passages
Sirviendo adultos de tercer edad y sus familias
530-898-5923
www.passagescenter.org

Promotores
Sirviendo residentes Latinos y Hmong
530-345-1600
www.nvcss.org/butte/promotores

Stonewall Alliance
Sirviendo la comunidad LGBTQ+
530-893-3336
www.stonewallchico.org
center@stonewallchico.org
Consejería de bajo costo o gratuito
530-809-2485
counseling@stonewallchico.org

Torres Community Shelter
Sirviendo la comunidad sin hogar
530-891-9048
chicoshelter.org

Veteran's Service Office
530-891-2759
www.buttecounty.net/dess/Services/VeteranServices

SERVICIOS NACIONALES DE CRISIS

24-hour Crisis Text Line - Alex Project
Text "LISTEN" to 741-741
www.crisistextline.org

National Suicide Prevention Lifeline
800-273-8255
www.suicidepreventionlifeline.org

Red Nacional de Prevención del Suicidio
888-628-9454
www.suicidepreventionlifeline.org/GetHelp/Spanish

SAMHSA Suicide Safe mobile app
store.samhsa.gov/apps/suicidesafe

The Trevor Project
Para la prevención del suicidio de los jóvenes LGBTQ+
866-488-7386
www.thetrevorproject.org

Veterans Crisis Line
800-273-8255, press 1
www.veteranscrisisline.net

APOYO DEL ESTADO

American Foundation for Suicide Prevention
Greater Sacramento Chapter
707-968-7563
www.asfp.org/chapter/afsp-greatersacramento

Each Mind Matters
www.eachmindmatters.org

Know the Signs
www.suicideispreventable.org

The Friendship Line
Para adultos de tercer edad
800-971-0016
www.ioaging.org

APOYO EN LAS ESCUELAS

Butte County Office of Education
530-532-5650
www.bcoe.org

Butte College Student Health Clinic
530-895-2441
www.butte.edu/shc

Butte College Safe Place & Wellness Program
530-879-6185
www.butte.edu/safeplace

CSU, Chico Counseling & Wellness Center
530-898-6345
www.csuchico.edu/counseling

CSU, Chico Health Center
530-898-5241
www.csuchico.edu/shs

CSU, Chico Safe Place
530-898-3030
www.csuchico.edu/safeplace

CONDADO DE GLENN

Glenn County Behavioral Health
Welcome Line
530-865-6733
www.countyofglenn.net/dept/healthhuman-services/behavioral-health

CONDADO DE TEHAMA

Alternatives to Violence
Linea de crisis de las 24 horas
530-528-0226
www.atvrb.org

Children First Counseling Center
530-529-9454
www.lassencounseling.com

Family Service Agency
530-527-6702
www.fccredbluff.com

Head Start Counseling Services
530-529-1500
www.nccdi.com

Tehama County Community Crisis Response Unit
530-527-5637
www.tehamacohealthservices.net/MentalHealth/crisis_services.htm

Tehama County Mental Health Services
530-527-8491, ext. 3121
www.tehamacohealthservices.net

Youth Empowerment Center (YES Center)
530-527-8491 ext. 3127
www.tehamacohealthservices.net

Celebración del 29 Aniversario del Día Del Campesino

Cuando: Domingo, 13 de octubre 2019

Hora: Empezando a las 12 hasta las 5 de la tarde

Donde: Parque Nick Daddow ~ Gridley, California

Entretenimiento / Información de Recursos / Comida

Participación en puestos interactivos y oportunidades para entrar en sorteos durante el día, para información por favor comuníquese con Reyna Nolta **530-519-3118**.



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