

Navigating Hope



Información de
Salud Mental para la
Comunidad Latina:
Página 9



Learn how people in our
community navigated their way
toward **mental wellness**



Qhia txog kev
nyuajsiab hauv
Hmoob lub zejzros:
Nplooj 8

CARE **ENOUGH**
TO **ACT**

What Getting Better Looks Like

Stories emphasize the many different ways people get help for mental health challenges today

BY GAIL ALLYN SHORT

On the road to mental wellness, detours are sometimes a part of the journey. Pressures on the job or at school, unemployment, raising children, divorce, illness or a death in the family can take a heavy toll on one's emotional well-being.



“Our community has worked a lot to reduce the stigma.”

Holli Drobny
Community Services Program Manager,
Butte County Department of Behavioral Health

High levels of stress can lead to anxiety, depression, substance abuse and, in some cases, suicide. And it can happen to anyone. The National Alliance on Mental Illness (NAMI) says one in five adults experience mental health challenges in a given year. While treatment can improve and save lives, stigma experienced as shame and fear can discourage individuals from getting the help they need, says Thomas Kelem, LMFT, Executive Director of Stonewall Alliance of Chico, an LGBTQI+ community center.

“Many people are shy about asking for help and concerned about what people are going to think about them if they're getting help,” says Kelem, who is also co-chair of Care Enough to Act, a collaborative effort that promotes partnerships and coordinated services to support individuals with mental health challenges and prevent suicide.

Fortunately, there are many ways to help people experiencing mental health challenges find their way toward healing. Treatment options include counseling, support groups, outpatient interventions and medications. In addition, self-care measures like art, exercise and social connections can promote mental well-being.

Holli Drobny, Community Services Program Manager at Butte County Department of Behavioral Health (BCDBH), says that society's views about mental health treatments are changing.

“I don't think people view mental illness as being as ‘scary’ today as they did even 10 years ago,” says Drobny. “A lot of progress has been achieved to reduce stigmas associated with seeking treatment. Our community has worked a lot to reduce the stigma.”

One type of intervention used today involves creating a WRAP plan. WRAP, which stands for Wellness Recovery Action Plan, is a tool in which patients learn to identify signs and triggers of mental distress and create their own plan for responding to it.

“It's led by the individual,” Drobny says. “They can have complete control over what the plan is. They can have a health care professional help them create their WRAP or they can do it on their own.”

Kelem says that for individuals who do not need therapy, there is a lot they can do to promote their own mental wellness.

“There are all kinds of alternatives ...that people might find helpful for reducing their stress.”



Thomas Kelem
Executive Director, Stonewall Alliance of Chico

“Some people get help just by sharing things with friends,” he says, “and there are all kinds of alternatives, like massage, acupuncture, exercise, mindfulness and other methods that people find helpful for reducing their stress, anxiety and depression.”

Taking charge and getting help when needed rather than ignoring symptoms and warning signs, is important, Kelem adds.

“When life becomes overwhelming and people feel stuck, their ability to function and cope is greatly diminished,” Kelem says. “For many people, when we identify problems early we can work with them in simpler ways.”

Roadmap to mental wellness

Helpful measures you can take on your journey:



Education

Educating yourself about your mental illness and the resources in your area can provide comfort and reduce stigma.



Community-based Support

There are resources close to where you are, be it your school, work, religious center/faith group or local community center.



Counseling/therapy

Mental health professionals can help you explore feelings, identify unhealthy behaviors and create a plan for getting better.



Exercise

Physical activity, such as walking, can reduce stress and release endorphins, a powerful “feel good” brain chemical.



Medication

Prescriptions may help manage symptoms.



Peer Support

Gaining insight from others with lived experience with mental health struggles can provide hope for healing.



Relationships

Staying connected by joining a club, sports team or community of faith can ward off isolation and boost self-esteem.



Nutrition

Food can affect how we feel, as well as help our bodies and brains function properly. Eating well is important.



The Arts

Music and art therapies can lower stress levels and help people deal with past trauma.



Avoiding Drugs and Alcohol

Over use can cause depression, anxiety, paranoia and death.



Don't know where to start?
Butte County Help Central is a free resource to help find low- and no-cost health and human services in Butte County. Call 211 or visit HelpCentral.org.

“Finding something that allows you to be emotionally expressive ... can be hugely therapeutic for people with mental illness.”

Daniel Cavanaugh
Musician and volunteer at Iversen Center



At right, Daniel Cavanaugh says music helps him address his depression. He formed a band with other people living with mental illness called The Symptomatics. He leads the band and plays drums, while his girlfriend Patricia McReynolds, at left, occasionally joins on bass.
PHOTO BY EMILY TEAGUE

Places to find healing

Wellness & Recovery Centers offer an environment of inclusiveness, recovery, and wellness to adults living with persistent mental illness. Members share their ideas to create a setting that is peer-led and agency supported. Centers are “stigma-free” environments offering activities, groups and social support opportunities. All services are free and open to members of the public 18 and over.

Iversen Wellness & Recovery Center

492 Rio Lindo Ave., Chico
530-879-3311
www.buttecounty.net/behavioralhealth/AdultServices/IversenCenter.aspx

The Hub

5910 Clark Road, Paradise
530-877-5845
www.buttecounty.net/behavioralhealth/AdultServices/paradise.aspx

Oroville Wellness & Recovery

2243 Del Oro Ave., Oroville
530-538-2574
www.buttecounty.net/behavioralhealth/AdultServices/Oroville.aspx

Finding the Right Chord

Music gave him a way to work through his emotions **BY GAIL ALLYN SHORT**

When he was a young boy, Daniel Cavanaugh could not get out of bed in the morning. Doctors didn’t know why. His family thought he was lazy, he says.

“The problem was I had a major depressive disorder,” Cavanaugh says, “and it wasn’t diagnosed.”

At age 11, he started to self-medicate when his brother’s friend handed him some “little black pills” — amphetamines. “It was like a switch was turned on,” he says. “I finally had the kind of energy other people had.”

Cavanaugh says he eventually progressed to harder drugs including cocaine. Although he managed his addictions while working as a sous chef, he took “a downward turn” when his mother died in 1995. His family held an intervention and urged him to get help. He resisted at first, but eventually sought treatment for substance abuse.

He later stopped treatment, however, and his condition worsened. Then one night, Cavanaugh says he became suicidal. Desperate to resist the urge to end his life, he says he got on his bicycle before sunrise and rode to the Iversen Wellness and Recovery Center in Chico to find someone to talk to.

While getting treatment at Iversen, Cavanaugh, who is also a musician, says he “re-engaged with music.” He picked up and started playing the acoustic guitar again after seeing sheet music and a piano in one of the center’s rooms.

“Music purges a lot of anxious thoughts,” he says. “It helps me address certain feelings that I have without expressing it in my own words.”

Numerous studies show creativity benefits mental health and that art therapy improves depressive symptoms, lowers shame and provides an outlet for communication.

Now in his third year of wellness, Cavanaugh has connected with other musicians at the center and formed a band, The Symptomatics. They play classic rock and their own compositions at places like wellness and recovery fairs, clubs and at last year’s Chico Pride event.

His girlfriend, Patricia McReynolds, a fellow center consumer who lives with a bipolar disorder diagnosis, occasionally plays with the band on bass. She oversees a visual arts group twice a month at the center.

“Art is therapeutic for me,” McReynolds says, “because I’m able to express how I’m feeling in a visual and auditory way.”

Cavanaugh also volunteers at the center. He has started a music group that meets at 2 p.m. on Tuesdays to help others in recovery.

“Finding something that allows you to be emotionally expressive ... can be hugely therapeutic for people with mental illness, because a lot of times they can’t find the words,” he says. “But they can articulate the way they feel through an instrument.”

**“It’s amazing what a little hope
can do to help someone bloom.”**

Alyssa Gibbs

Northern Valley Talk Line of Tehama County Peer Advocate



Alyssa Gibbs is a peer advocate for Northern Valley Talk Line of Tehama County, helping others work through the same mental health challenges she has overcome.

PHOTO BY EMILY TEAGUE

Tehama County suicide prevention trainings

Tehama County offers three public workshops and trainings to educate and assist those in recovery and those trying to help them.

ASIST (Applied Suicide Intervention Skills Training)

A two-day interactive workshop teaches participants how to recognize and respond to warning signs, and create an immediate safety plan.

safeTALK

A half-day training prepares anyone age 15 or older to recognize “invitations to help” and how to respond with life-saving interventions.

Mental Health First Aid

Teaches participants to identify, understand and respond to signs of mental illness and substance abuse.

Trainings are free. Register at [Eventbrite.com](https://www.eventbrite.com). For more information, contact Kelly Keith at 530-527-8491 ext. 3713 or kelly.keith@tchsa.net.

For more Tehama County Mental Health services, see back page.

Someone On the Other End

Woman spreads message of hope through peer-to-peer support talk line

BY MATT JOCKS

Not only can Alyssa Gibbs look back and see how far she has come. She can *hear* how far she’s come, too.

When Gibbs is working a shift on the Northern Valley Talk Line of Tehama County, what she hears coming into her headset often touches the edges of her own recovery story. It’s a story of a young mother dealing with substance abuse and mental illness, forced hospitalization and separation from her daughter.

However, it’s also a story of a happy mother of two who has gained strength in her recovery and ability to help others.

“To hear some of the people walking through that sense of wreckage, and to know that it’s something I have already passed by, it’s a pretty humbling experience,” Gibbs says. “When I hear those stories, it makes me hopeful for them that they can get through it. And it also makes me proud of myself.”

Corla Bertrand, who supervises the Tehama County talk line for Northern Valley Catholic Social Service, says that peer-to-peer contact is a vital part of recovery.

“The callers know this is someone who has made it through, so maybe they should listen to what they have to say,” Bertrand says. “I think there’s also something about it being on the phone, where you don’t see the person — there is that anonymity. It gets to a different level.”

Gibbs’ story began with substance abuse that she now sees was masking something deeper. When she became pregnant and stopped using, symptoms of bipolar and post-traumatic stress disorders rose to the forefront.

The separation from her daughter was the turning point.

“I realized that, to actually be a mother and not just someone who gave birth to another human being, I would need to put in the work,” she says. “I didn’t want to live in a hospital. I didn’t want to be defined by my diagnosis.”

Gibbs’ recovery involves individual therapy and group therapy. For personal reasons, Gibbs chose to wean herself off initial medication she was prescribed.

From individual therapy, she says she obtained the coping skills to keep her on the right path. From group, she got validation and a social circle, a key weapon against the damaging effects of isolation.

Providing peer support has brought the process full circle. The callers on the talk line remind Gibbs of how far she’s come, and she provides them a glimpse of a better future.

“It’s amazing what a little hope can do to help someone bloom,” she says.

Northern Valley Talk Line - 855-582-5554 (Butte and Tehama counties). The Northern Valley Talk Line, provided by Northern Valley Catholic Social Service (NVCSS), is a non-crisis warm line offering peer-to-peer support, compassionate listening, and countywide resource referrals from 4:30-9:30 p.m. seven days a week.

'I Got Better, So Can You'

Raen Willis provides emotional support to those with mental health challenges and connects them with community resources.
PHOTO BY EMILY TEAGUE

Peer advocate helps those struggling with mental health **BY ANNE STOKES**

When mental health consumers feel overwhelmed by their struggle, Raen Willis helps them climb out of the darkness. She's been there, too. Willis, a peer advocate with Butte County Department of Behavioral Health's Crisis Triage Connect program, also struggles with depression, post-traumatic stress and anxiety.

Beginning in her teens, Willis self-medicated with drugs and alcohol. By 37, she was clean and sober, but still struggled with unresolved issues that manifested themselves through anxiety attacks and severe depression.

"I used to call the [Behavioral Health] crisis line when I was feeling suicidal, and they'd talk me through it. ... The crisis line pretty much saved my life," she says. "It wasn't so much that I wanted my life to end, I wanted the pain to stop and I didn't care what I had to do for that to happen."

She underwent many treatments, including psychotherapy, medications, electroconvulsive therapy and hospitalizations. What works best for Willis is a combination of therapy, antidepressants and medical treatments. Four years ago, she became a peer advocate with Crisis Triage Connect, a program that helps bridge the gap between hospitalization and

wellness by providing consumers with emotional support and connecting them with community resources like general assistance, health care and mental health care.

"It's very powerful for me to say to someone who's suffering badly, 'You're in a very dark and scary place. It's so hard, but there is hope.' I got better, and so can you," she says.

"It's very powerful for me to say to someone who's suffering badly, 'You're in a very dark and scary place. It's so hard, but there is hope.'"

Raen Willis
Peer Advocate with Butte County Department of Behavioral Health's Crisis Triage Connect program

Whether you're in crisis or seeking resources for someone who is, contact the Butte County Department of Behavioral Health Crisis Line at 1-800-334-6622, which is available 24 hours a day, seven days a week.



Carson Strauch is a Behavioral Health Outreach Coordinator, working to connect Chico's homeless community members with resources like shelter, food and mental health care.
PHOTO BY EMILY TEAGUE

Offering a Hand Up

Behavioral Health collaborates with Chico Police to extend a lifeline to homeless community members

BY ANNE STOKES

Every week, Carson Strauch works in parts of Chico many people don't want to see: homeless camps downtown, under bridges, in canals and along creeksides. As a Behavioral Health Outreach Coordinator for Butte County Department of Behavioral Health, he works with the Chico Police Department's TARGET team to reach out to homeless community members. He says that meeting clients where they are is key to building rapport and enough trust for them to accept his help — resources like food, shelter, clothing, medical care and mental health services.

"It's meeting people, hearing their story and letting them know we're here, and we care, and [making] sure they know what resources are available ... in the hopes of getting them off the street," he says.

Strauch says that many individuals suffer from conditions such as post-traumatic stress disorder, depression or schizophrenia — conditions that

can interfere with a person's thought process and judgment.

"Pack on the dual diagnosis of some sort of substance abuse, [and] it makes it additionally challenging to pull out of the situation that they're in," he says.

Sgt. Cesar Sandoval of the Chico Police Department TARGET team says having a trained mental health professional available for outreach is a game-changer for officers in the field.

"We do have training, but it's training to deal with the issue at hand ... Carson can come in and deal with the long-term issues that person needs help with," he says. "Anytime you can get somebody help to prevent further crisis, it's huge for us."

To get help for a homeless community member, contact the TARGET team at 530-895-4911. Reach Carson Strauch through Butte County Behavioral Health at 530-891-2784.

What It Takes to Quit

Man shares his long road to stamping out addiction

BY MATT JOCKS

Ray McKelligott remembers what it felt like to hear a door close and know that someone else held the key. When that door finally opened for good, it was time to get serious about making his own key.

Addiction and mental health challenges kept McKelligott in their grip for most of his adult life. At 65, he now has the upper hand. At The Hub, a wellness and recovery center in Paradise, he uses his story to help others.

McKelligott's road to addiction started when he was a teen working in a liquor warehouse, where the temptation was too great. It led to drugs, both illegal and prescribed, and nicotine, creating a toxic stew with his diagnosis of schizophrenia.

Those addictions carried McKelligott down a winding, bumpy road that has taken a toll on his body. The chronic obstructive pulmonary disease and emphysema he now deals with are reminders that the toughest addiction to beat was nicotine.

After decades of trying to quit, it took a relapse in January for McKelligott to finally put an end to his smoking. Two drags, a collapse and a 911 call later, the truth was clear.

"Smoking is a skull and crossbones for me," he says.

Bruce Baldwin with the California Health Collaborative says the link between mental illness and nicotine is often overlooked.

"People who are dealing with addictions of all kinds are more likely to die from cigarettes than anything else," he says.

"Smoking is a skull and crossbones for me."

Ray McKelligott
The Hub Peer Advocate

Baldwin says that as society has woken up to the dangers of smoking, certain groups have been harder to reach.

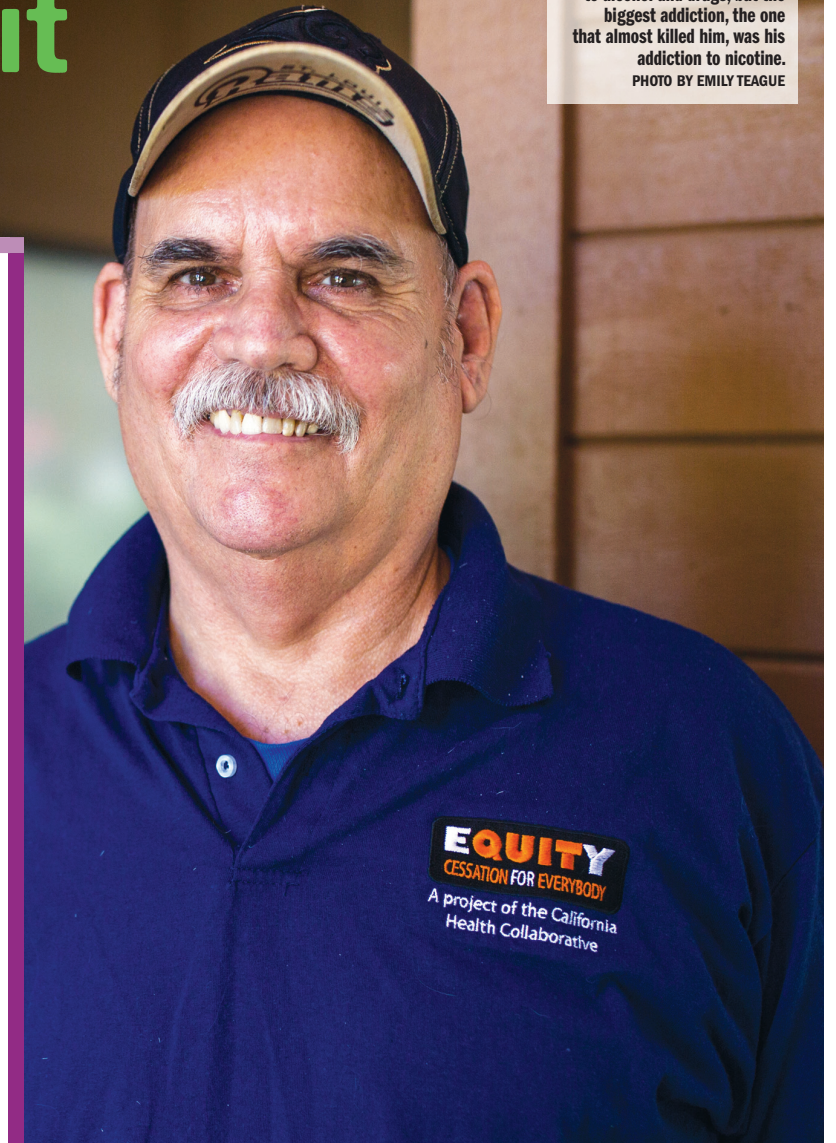
"There has been a dramatic decrease in smoking even in the past 10 years," he says. "But that hasn't really [extended to] people experiencing mental illness or poverty."

McKelligott and other specially trained Peer Advocates are passionate about helping others find freedom from addiction, especially tobacco. McKelligott facilitates tobacco recovery groups at The Hub while other Peer Advocates facilitate groups at the Iversen Center in Chico. They find pride in helping mental health consumers quit or reduce their tobacco use.

The memories of addiction are vivid, but McKelligott lives in a different place now, where he is both a giver and receiver of help.

"People are the best resource," he says. "I love what I'm doing. I don't see myself ever leaving this job."

Ray McKelligott was addicted to alcohol and drugs, but the biggest addiction, the one that almost killed him, was his addiction to nicotine.
PHOTO BY EMILY TEAGUE



Smoking cessation groups are held at 1 p.m. Thursdays at The Iversen Center (492 Rio Lindo Ave., Chico) and 12 p.m. Thursdays at The Hub (5910 Clark Road, Paradise). Groups are free and open to the public (walk-ins welcome).

Co-occurrence: mental illness & addiction

People experiencing mental health issues are more likely to also engage in alcohol and substance abuse. This is called co-occurring disorders. The best way to treat them is to address both issues at the same time.

Clients who only deal with their addiction often find that their mental illness symptoms

worsen. On the other hand, only treating mental illness ignores the fact that substance abuse worsens mental health symptoms and causes physical harm to the body.

Recovery from co-occurrence often involves individual therapy, group therapy and medication management.

Individual therapy provides coping skills and harm reduction techniques. Group therapy provides support and hope while fighting the corrosive effects of isolation. Medication deals with the physical causes and symptoms as well as withdrawal from substance abuse.

In the Chico area, treatment options for co-occurring disorders include:

Iversen Center: 530-879-3311, www.buttecounty.net/behavioralhealth/AdultServices/IversenCenter.aspx

The Hub (Paradise): 530-877-5845, www.buttecounty.net/behavioralhealth/AdultServices/paradise.aspx

California Health Collaborative: 530-345-2483, www.healthcollaborative.org

BCDBH substance abuse services: 530-879-3950 (Chico), 530-538-7277 (Oroville), www.buttecounty.net/behavioralhealth/SubstanceUse/OutpatientCenters.aspx

Recent Pleasant Valley High School grad Melissa Roetto created a 60-second public service announcement for the statewide Directing Change contest. PHOTO BY EMILY TEAGUE



A Teen's

Perspective

Student produces PSA about mental health for statewide contest

BY GAIL ALLYN SHORT

“You’re not defined by your mental health. Take it one day at a time. Talk about it. You deserve happiness.”

That is the message of a 60-second public service announcement called “You Deserve Happiness,” which depicts a teenage girl talking to friends about her feelings. Recent Pleasant Valley High School graduate Melissa Roetto, 17, and former classmate Emily Allison recruited their friends as actors and wrote, shot and produced the video for the fifth annual Directing Change Program and Student Film Contest.

Directing Change is a statewide program that promotes education, training and filmmaking to teach teenagers and young adults about mental health, suicide prevention and how to help friends who may be struggling emotionally. The program is part of Each Mind Matters, a collaboration of individuals and organizations in California working to advance mental health (Eachmindmatters.org).

“I think that it’s important to talk about it,” Roetto says. “That’s because I think sometimes people try to hide their feelings and think it’s not OK to feel the way they do.”

Pleasant Valley High School media arts teacher Michael Peck says he enjoys participating in Directing Change because it gives his advanced video production and film students a real-world project.

“Suicide is a hugely important topic for teens because so many of them have seen or personally experienced mental illness, depression or suicide with family or friends,” Peck says.

To prepare his students for the project, Peck says he spends several class periods discussing mental-health-related topics such as depression and suicide. He also invites a representative from Butte County Department of Behavioral Health to speak to his class. Afterward, his students take what they have learned and brainstorm ideas for their videos.

Roetto says she and Allison brainstormed their idea in class and decided to go with a simple message. “We wanted to explain to people that if you’re going through something, it’s OK to talk about it, and that you deserve happiness,” she says.

Roetto and Allison’s video placed second in the Region 5 competition this year. Their classmates Garrett Havel and Tommy Angel won first place in the regional contest in the Suicide Prevention category and second in the state competition for their short film, “All That Matters.”

Roetto says that although she has never known anyone who attempted suicide, she is proud of her video’s potential for saving lives.

“It made me feel a lot better knowing that I participated and helped in some way and maybe reached out to people who’ve dealt with some kind of mental crisis.”

 **Watch the 2017 Directing Change winners from Pleasant Valley High School:**

“You Deserve Happiness” <http://bit.ly/2vggwKS>

“All That Matters” <http://bit.ly/2ujaazV>

“I think sometimes people try to hide their feelings and think it’s not OK to feel the way they do.”

Melissa Roetto

Student filmmaker, Directing Change contest

Suicide prevention in schools

Suicide is the second-leading cause of death for youths between 10 and 24. AB 2246 requires school districts to adopt suicide prevention, intervention and follow-up plans. The plans must address the needs of LGBTQI+ youth.

The National Suicide Prevention Lifeline advises never dismiss a threat of suicide. Never keep it a secret. If someone exhibits these warning signs, get help:

- Talk of wanting to die or having no reason to live
- Talk of being a burden to others
- Actively seeking ways to kill themselves
- Withdrawing or isolating themselves
- Sleeping too much or too little
- Severe mood swings
- Increased use of drugs or alcohol

Ways to get help:

24/7 LGBTQ Youth Helpline (The Trevor Project)
866-488-7386

The Alex Project
Text LISTEN to 741-741

LGBT National Youth Talkline
800-246-7743 or
www.youthtalkline.org

Butte County Youth Crisis Services 24 Hour Hotline
800-371-4373

Non-emergency support:

Stonewall Alliance
530-893-3336,
center@stonewallchico.org
www.stonewallchico.org

For more information, visit
suicideispreventable.org

Tuam Choj Rau qhov Nrug

Tub Kawm ntawv nca tes rau Hmoob lub
zejzog nrog rau txoj kev nyuajsiab tej kev pab.

TUS SAU YOG: ANNE STOKES

Sawm Yaj muaj ob xyoo thaum nws thiab nws niam
nws txiv tau tawm hauv lub yeej thojnam tawmrog
tuaj thiab ua neeg thojnam tawgrog tsiv tuaj rau
lub nroog Oroville. Nws niam thiab nws txiv tseem yauv
thaum lub sijhawm Tsovrog Cobtsib thiab cojrawv cov
nqov tshab kev nyuajsiab nyob nrog nraim nkawv— yog
ib tug kabmob lojheev uas txhuas tsev Hmoob tau ua lub
neej nyob nrog.

Thaum nws thiab nws t sib tug nusmuag yug nyob
rau U.S. coj li “Asmeslivka feem ntau lawm.” Yaj tau
dhau los ua tus choj tuam nruabnrab ntawm Hmoob
thiab Ameslivkas li moojkav mojcoj. Tam simno tab
tom yog ib tug tub kawm qibsiab rau xyoo nyob rau lub
tsev teekawm qibsiab Simpson University’s counseling
psychology program, nws yuav siv nws lub peevxwm
los rub ob txoj kev moojkav mojcoj thiab pab los ua ib
txoj kev pab rau cov nyob hauv lub zejzog uas lawv
tseem tsis tau tau txais kev pab rau cov teebmeem kev
nyuajsiab.

Raws li Yaj hais, ib qhov nyuaj nyuaj heev txog kev
tuam choj mas yog qhov hais tias kev nyuajsiab mas
Hmoob siab tej kev nyuajsiab no raws li Hmoob txoj kev
ntsheeg hauv Hmoob kev moojkav mojcoj.

“Thaum peb tham txoj kev nyuajsiab, xws li kev mob
puas hlwb (schizophrenia), kev nojqab haushuv nws
muaj feem xyuam mus rau sab ntsujplig,” nws hais tias.
“Mus rau sab paubtab ntxawjntshe rau sab kev nyuajsiab
tsis yog thawj thawj kaujruam nyob rau hauv lawv lub
hlwb (txoj kev xav). Tsevneeg yuav tau mus cuag kwv
uaneeb, ib tug neeg ua yuav tham tau nrog cov ntsujplig
ntawm tus kheej ua tau muaj kev xwm tsheej kub ntxhov
txog tus mob nyuajsiab.”

Tsis paub lus nrog rau cov neegpab rau sab kev
nyuajsiab yog ib txoj kev tsis sib totaub paub meej thiab
tsis ntsheeg cov neeg nyob sab hnub poob cov kev kho
mob yog ib qhov ua rau lawv tsis tuaj nrhiav kev pab.
Txuas ntxiv mus, Yaj hais tias muaj lub qhov txhab uas
twb yeej tau nyob nrog tus mob nyuajsiab loslawm, zoo
rawli muaj nyob rau sab hnub poob txoj kev moojkav
mojcoj.

Poj rhawvkab yawm nrhawvkev Hmoob moojkav
mojcoj hais txog kev txivneej nyiam txivneej saib mas

Read Sher's
story in English at
CareEnoughToAct.org

“[Kuv yuav yog] tus los mus
tuam tus choj no thiab xav tias
yuav muaj peevxwm los ua tau
ib txoj kev pab rau lawv.”

Sawm Yaj

*ib tug tub kawm ntawv qibsaib 6 xyoo, Stonewall Alliance
Qhov chaw xyuam thiab qhov chaw ua kev phoojywg rau
LGBTQ*

Hmoob tsis nyiam tsis xam kom muaj li. Yaj, qhia tias
yog phoojywg, qhia tau haistias yog ib yam tsis muaj kev
pab rau cov qhia txog LGBTQ yog leejtwg, tsis muaj kev
qhia txog LGBTQ cov teebmeem nyob hauv Hmoob lub
zejzog.

“Nyob rau xyoo tas losno, tau muaj cov hluas nyob
hauv Hmoob lub zejzog tau pib muaj cov txivneej nyiam
txivneeg losyog pojniam nyiam pojniam,” nws hais tias.
“Lawv tau hais tias lawv yeej tsis paub tej kev pab li...
losyog leejtwg tau tig mus zoo li phoojywg. Peb tau hnov
txog ntau txoj keebkwm txog rau lawv tus kheej tau npaj
tuas tus kheej los twb yeeb vim tej teebmeem no.”

Tomqab muaj coob leej ntau tus zes zes nws tau
tawm tuaj, Yaj tau txiavtxim los npaj tham txog LGBTQ
cov teebmeem nyob rau nws txoj kev paubtab txawj
ntshe. Tam simno nws yog ib tug kawm cobqhia nyob
rau Stonewall Alliance Center nyob Chico.

“Rau kuv tus kheej mas, Kuv xav tiav lub zejzog yeej
tsis tau txais kev pab thaum tham txog kev nyuajsiab
thiab thaum tham txog tej kev sibze txog LGBTQ,” nws
hais. “[Kuv yuav] tuam choj rau qhov nrug ntawd thiab
xav tiav yuav ua tau ib qhov kev pab rau lawv.

**Stonewall Alliance of Chico offers culturally
appropriate counseling for LGBTQI+
individuals of many cultures, including Hmong.
Contact them at 530-809-2485, counseling@stonewallchico.org
or www.stonewallchico.org.**

Cov kev pab rau kev nyuajsiab rau Hmoob

Rau cov xav tau kev pab, Koomhaum Hmong Cultural
Center of Butte County (HCCBC) yog qhov chaw pib.

Tsim muaj rau xyoo 2000, yog lub koomhaum nonprofit siv
dagzog los tuav khawv tseg Hmoob li mojkaiv mojcoj thiab
sibcog qhia, kev hais kom muaj kev pauv hloov rau yam
sivtau, txhawb nqa thiab muaj kev pab:

Zoosiab (“Happy Program”) rau cov laus Hmoob nyob
rau hauv Hmoob lub zejzog ua tau muaj txoj kev covnyom
nyiajntxeem nrog rau cov teebmeem muaj tus kabmob
lojheev tswmsim rau lawv thaum kob tsovrog Nyablaiv xws
li kev nyuajsiab txomnyeej txomnyem, ua neeg puaskoob
puasnepe thiab ntxhovsiab.

Txhawb (Promotores) muaj kev txuas pab rau lub zejzog,
txog rau kev coj mus nrhiav kev pab rau sab kev nyuajsiab
thiab tuaj sibntsis ua pabpawg txhua lub limtiam.

Hmoob Talk Line Haislus (530-403-3978) yog qhov
chaw lub zejzog thiab tsevneeg muaj cuabkav tham txog
txoj kev tusiab (sympathetic) thiab txais kev txhawb nqa,
tej kev pab ntau ntawv thiab coj mus nrhiav kev pab rau
sab kev nyuajsiab, hnub Zwj Hli txog rau Zwj Kuab, 8 a.m.
txog rau 5 p.m.

**Koomhaum Hmoob Moojkav Mojcoj Cultural Center
of Butte County (HCCBC) nyob rau ntawm 1940
Feather River Blvd., suite H hauv Oroville. Xav paub
kom meej ntxiv, mus saib peb rau ntawm lub vasab
www.hmongculturalcenter.net losyog hu rau 530-
534-7474.**

En su ciudad preferida, disfrutando de la vida •

Profesora resolvió choque cultural y dolor de divorcio con ayuda de Promotores, programa de salud mental

Francis Miranda, una dinámica profesora, había perdido su vivacidad y entusiasmo. En vez de proyectar optimismo, ella estaba triste y desconsolada. Y es que poco después de emigrar a Chico con su esposo y sus tres hijos en el 2000, ella sufrió un choque cultural. “Casi siempre estuve segura de lo que quería y debía hacer, de esa forma crecí. Cuando decidí hacer un cambio por otro supuestamente mejor y llegar a un mundo desconocido, no imagine lo que esto traería a mi vida y a la de mis seres queridos”. Melancólica, confundida y nostálgica por su nativo México, a veces deseaba regresar.

Después de un tiempo, mejor ajustada a la vida en Chico y nuevamente gozando de la vida familiar, la profesora encaró una crisis más fuerte: Después de un tiempo de matrimonio, ella vivo el divorcio. Repentinamente ella se encontró convertida en madre soltera, envuelta por la angustia y la confusión. “El divorcio en ese tiempo fue una de las fases más tristes que marcaron mi vida; me sentía completamente sola”. Con hijos adolescentes, un idioma distinto, nuevas costumbres, y un ambiente diferente, lo único que ella sentía era desolación, nostalgia, y frialdad. “Sentía que no tenía fuerza física y mucho menos emocional para salir adelante con mis hijos. Fueron tiempos de dolor, coraje, impotencia y miedo”.

Francis Miranda, resolvió estas crisis con la ayuda de Promotores, un programa que ofrece servicios gratuitos de salud mental y emocional en Chico, Gridley y Biggs. Este programa libre

de lucros es auspiciado por Northern Valley Catholic Social Service y recibe fondos de Butte County Department of Behavioral Health (BCDBH) bajo la proposición 63. “A veces, la realidad es oscura, pero cuando encuentras esa mano que necesitas en los momentos más difíciles, es una bendición”, dijo la profesora recientemente, expresando su gratitud a Promotores. “El programa fue una de las agencias que me proporciono las herramientas para salir adelante”. Consultas particulares con Angel Calderón de BCDBH quien le hablo de los beneficios de la cultural cura y talleres comunitarios preparados por Promotores fueron la clave para reafirmar y recordar su esencia personal.

Como profesora desde México, lo que la sigue haciendo feliz es la enseñanza del arte de la danza. Directora del Ballet Folklórico de Chico, donde imparte clases de las danzas típicas de México a estudiantes de todas las edades. “Estoy orgullosa y muy agradecida con la vida de poder compartir mi cultura en otro país”. Habiendo superado las situaciones adversas que la limitaron por un tiempo, la Profesora Miranda sigue adelante. “Yo disfruto ahora cada minuto de la vida”, ella aseguró. “Hoy estoy en una situación diferente, llena de paz y de mucha tranquilidad”.

Ella finaliza su entrevista agradeciendo a Promotores por la ayuda que ofrecen a la comunidad. “Su apoyo a sido fundamental en mi crecimiento personal”.

Francis Miranda, quién sufrió depresión mientras se ajustaba a vivir en Chico, ahora baila con el Ballet Folklórico de Chico. Ella imparte clases de danzas típicas de su nativo México a niños que integran el grupo.
FOTO DE EMILY TEAGUE



**“A veces, la realidad es oscura, pero
cuando encuentras esa mano que
necesitas en los momentos más difíciles,
es una bendición”.**

Francis Miranda
Directora del Ballet Folklórico de Chico

De lucros es auspiciado por Northern Valley Catholic Social Service y recibe fondos de Butte County Department of Behavioral Health (BCDBH) bajo la proposición 63 y el Acto de Servicios Mentales (MHSA).

Apoyo de salud mental para las familias Latinas

El condado de Butte tiene una variedad de servicios de salud mental para personas locales de habla Hispana. El más reconocido es Promotores, el cual promueve la salud mental y el bienestar de las familias Latinas y Hmong por medio de educación, apoyo y referencias. Los clientes reciben atención en español y Hmong en Chico,

Gridley y Biggs. Los servicios son gratuitos y voluntarios.

Además de ofrecer atención individual en sus oficinas. Promotores organiza reuniones comunitarias que se enfocan el mejoramiento de la calidad de vida de las familias mediante la promoción de salud mental y el bienestar. Las reuniones ocurren semanalmente.

Promotores es auspiciado por Northern Valley Catholic Social Service y el Butte County Department of Behavioral Health (BCDBH).

Para más información llame al 530-345-1600 o visite www.nvcss.org y busque a Promotores después de hacer clic en la palabra Butte, en la parte alta de la pantalla.

Para personas que están experimentando una situación de crisis, BCDBH tiene dos líneas que funcionan a todas horas, los siete días por de la semana: 1-800-334-6622 y 530-891-2810. Marque el 9-1-1 si tiene usted está en una situación de emergencia que amenacé su vida.

Darci Crossin says owning a baby goods store and having a perinatal mood and anxiety disorder filled her with feelings of self-doubt. After learning about her illness, the mom of three says she's able to take better care of herself.
PHOTO BY EMILY TEAGUE

Help for moms

One in seven women experience perinatal mood and anxiety disorder (PMAD) during and after pregnancy, says Jarynna Chua, LMFT.

PMAD symptoms may include:

- Anxiety or panic
- Disturbing, recurring thoughts
- Feelings of hopelessness
- Lack of concentration
- Mood swings

"They can also have feelings of being overwhelmed," says Chua, "not being able to sleep and feeling like they're not a good mom."

Chua counsels PMAD sufferers in her private practice and women on Medi-Cal through the Northern Valley Catholic Social Service's Mothers Well program. She provides psychotherapy and teaches them the coping and communication skills needed to build community, reduce isolation, utilize resources and build confidence.

"Find someone you trust and who understands and can help you," says Chua. "Know that you're not alone, and that you can get help."

A list of PMAD support groups, licensed therapists and related services is available on the Butte County Help Central 211 website at HelpCentral.org/mothersstrong or call 211.



A Mom's Journey

Learning about PMAD helped her find ways to cope

BY GAIL ALLYN SHORT

About 11 years ago, while pregnant with her first child, Darci Crossin of Chico says she experienced upsetting, repetitive thoughts that would not go away.

Crossin and her husband had just opened their store selling new and used baby items. Many of her customers were expectant mothers too, and hearing their stories about pregnancy filled her with self-doubt and anxiety.

"I remember feeling like they were going to kick me out of the store," Crossin says. "I just felt like a fraud."

After giving birth, Crossin says that for months she cried frequently and worried obsessively about her daughter's health.

When pregnant with her second child, Crossin learned during a visit to a midwife the symptoms of anxiety and depression she experienced after her first pregnancy were due to postpartum depression, one of the many conditions that fall under perinatal mood and anxiety disorder (PMAD). Postpartum depression is a condition in which mothers experience feelings of sadness, guilt shame, anger or hopelessness. They may also experience loss of appetite and have trouble sleeping. Postpartum depression differs from the more common

"baby blues," which usually goes away after a couple of weeks. If the symptoms last longer and are more intense, then a woman should seek help from her care provider. Whereas, symptoms of anxiety include constant worry, racing thoughts and feelings that something bad is going to happen.

Other maternal mental health conditions that fall under the umbrella of PMAD include anxiety, obsessive compulsive disorder, post-traumatic stress disorder and postpartum psychosis (the rarest type of PMAD). PMAD symptoms can occur during pregnancy and up to a year following the birth of a child.

Crossin says she started educating herself about postpartum depression and PMAD.

"I did a lot of research and a lot of talking to people and finding out what worked for them," she says.

Additionally, she created her own self-care plan with activities that made her feel better. She went on 20-minute walks three times a week. She also started journaling.

Two years ago, Crossin gave birth to her third child. This time, she felt she needed more help. Her doctor prescribed an anti-anxiety medication.

"Everybody's journey is their own. You need to find out what works for you and make your life as open and rich as it can possibly be."

Darci Crossin
Chico mom and businessowner

"I feel good," she says. "There are so many different ways that you can help yourself."

Last May, Crossin spoke at the Mothers Strong Stroll held at DeGarmo Park in Chico. The organization helps raise awareness about PMAD, and Crossin says she talked about her pregnancy battles and the importance of self-care. She recalls watching mothers in the audience nodding in agreement as she told her story.

"It was wonderful because I felt good that I was able to be at a point where I could say: 'This too shall pass,'" she says. "Everybody's journey is their own. You need to find out what works for you and make your life as open and rich as it can possibly be."

Frequently Asked Questions



What do I do if I am concerned about a friend or family member in crisis?

You can call the Butte County Crisis Line at 530-891-2810 and speak with a mental health professional to ask for advice and resources.

Does my insurance cover mental health services?

Yes! The Affordable Care Act considers mental health services (including substance abuse treatment) an essential benefit that all insurance plans must cover. For more information about your plan, call the number on the back of your insurance card.

What if I don't have insurance?

Under the Affordable Care Act, almost everyone can access health insurance in one of four ways:

- Through your employer (or your spouse's or parent's employer)
- Purchase through a state health insurance marketplace (Covered California)
- Purchase insurance on your own
- Sign up for government insurance (Medi-Cal or a county health program)

There are low-cost, no-cost options available for those without any insurance. Call 211 for a list.

What if I'm older than 65?

You are eligible for Medicare, the federal health insurance program for adults over 65. There are many different types of Medicare plans to choose from. Health Insurance Counseling and Advocacy (HICAP) is a county program that advises Medicare enrollees on which plan may be best for them. This assistance is free and available in Butte County by calling PASSAGES at 530-898-6716 (Chico/Paradise) or 1-800-434-0222.

What mental health issues do older adults face?

Older adults can sometimes report lack of pleasure and hopelessness, signs of depression. Because older adults come from a generation that was not accustomed to talking about

mental health, self-stigma can keep them from expressing their feelings and seeking help.

Are there special mental wellness programs for older adults?

PASSAGES Connections provides counseling and support to adults age 60 and older who want and need help with emotional issues in their lives. All visits take place in the home and are available throughout Butte County at no cost. For more information call Connections at 530-898-6525.

I need to find a mental health professional. How do I do that?

Many people start with a referral from their doctor. Insurance plans can also suggest professionals who accept their insurance. Individuals should explore the many types of mental health professionals.

Psychiatrist: Licensed medical doctors who can prescribe and monitor medications.

Psychologist: Professionals with a doctoral degree who often specialize in specific types of therapy, such as group or cognitive behavioral therapy. They can also provide testing for various disorders.

Therapist/Counselor: Licensed professionals with master's degrees that include Licensed Clinical Social Workers (LCSWs), Licensed Marriage and Family Therapists (LMFTs), and Licensed Professional Clinical Counselors (LPCCs).

All of these professionals are able to diagnose and provide treatment using a variety of proven methods.

What if I am denied mental health care?

If your care was denied for any reason, you are entitled to file an appeal with your insurance plan. If the plan denies your appeal or does not respond within 30 days, you can then appeal to the Department of Managed Health Care. Legal Services of Northern California provides free legal assistance with appeals.

I've called several different therapists in my network, and the soonest appointment I can get is in four months. What do I do?

California law generally requires that insurance plans have enough specialists that individuals can find appointments within 15 days. If you have made an effort to contact multiple specialists and you cannot access care in a timely manner, you can file an appeal with the Department of Managed Health Care. That agency may mandate that your insurance plan correct the "care gap" by bringing in out-of-network providers.

Is there an advocate for patients with access of care issues?

Legal Services of Northern California can provide an individualized assessment of cases including denial of care and timely access to care. The nonprofit provides free legal help and can often start the process with a single phone call. To speak with an advocate, call 888-354-4474.

What issues does the LGBTQI+ community face?

LGBTQI+ individuals have a higher rate of suicide than the general public. Societal factors such as family rejection and institutional bias add to the anxiety these individuals face, which can exacerbate mental health issues and lead to depression and self-medication.

Where do I get care specific to the LGBTQI+ community?

Culturally competent doctors and mental health providers know how to best serve the specific needs of the LGBTQI+ community. Stonewall Alliance of Chico offers referrals, advocacy and support groups. Contact them at 530-893-3336, center@stonewallchico.org, or visit www.stonewallchico.org. Stonewall also provides low-fee and no-fee counseling and groups. Call 530-809-2485 or e-mail counseling@stonewallchico.org.

Mental Health Resources

Butte County crisis

Behavioral Health 24/7 Crisis Line

800-334-6622
530-891-2810
560 Cohasset Road, Ste. 180,
Chico, CA
www.buttecounty.net/behavioralhealth

Enloe Behavioral Health

530-332-5250
www.enloe.org/wellness

Crisis Care Advocacy And Triage

Non-licensed mobile unit available
24/7 to respond to Mental Health
Emergencies
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

Care Enough to Act

530-891-2850
www.careenoughtoact.org

Genuine DBT

Provides specialized treatment
(accepts Medi-Cal/Medicare)
530-433-1001
www.genuinedbt.com

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
www.buttecounty.net/
behavioralhealth/AdultServices/
IversenCenter.aspx

The Jesus Center

1297 Park Avenue Chico, CA
530-345-2640
jesuscenter.org

NAMI Butte County

1-888-626-4530
530-343-7775
6 Governors Lane, Chico, CA
www.namibutteco.com

Northern Valley Talk Line

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 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 Latino and Hmong residents
530-345-1600
www.nvcss.org/butte/promotores

Stairways Programming Residential recovery program

530-809-2322
facebook.com/stairwaysprogramming
Stairways HRC
Harm Reduction and Legal Center
1112 Mangrove Ave.

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 homeless community
101 Silver Dollar Way, Chico, CA
530-891-9048
chicoshelter.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/health-
human-services/behavioral-health

Tehama County

Alternatives to Violence

24-hour crisis
530-528-0226
www.atvrb.org

American Foundation for Suicide Prevention (AFSP)

Greater Sacramento Chapter
707-968-7563
rayers@afsp.org
www.asfp.org/chapter/afsp-greater-
sacramento

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

Chico Out of the Darkness Community Walk



Saturday, Oct. 14, 2017

Hours: 9 a.m. start gathering, 10 a.m. opening ceremony, 12:30 p.m. walk ends

Where: Chico City Plaza, W. Fourth St., Chico

This 1.3-mile walk raises awareness and decreases stigma surrounding suicide. Friends, family and co-workers will come together to raise funds for the American Foundation for Suicide Prevention.

Registration: FREE registration is at www.afsp.org/Chico, or for more information, contact Ariel Ellis, 530-433-9293, arielschoolpsych@gmail.com or find the event on Facebook.

