

planning open sessions for community members as well as private sessions for organizations.

**As outside relief organizations** inevitably leave, Behavioral Health plans to have additional mental health crisis counselors on hand through the summer.

Behavioral Health Director Dorian Kittrell said the department already has grant-funded counselors from the 2017 Wall Fire, who were able to be deployed at emergency shelters for the Camp Fire. The department has applied for additional federal funds, which, if received, Kittrell said, could bring in more than 20 mental health counselors.

The counselors would focus on providing emotional support, stress-reduction techniques and coping strategies, according to Don Taylor, Behavioral Health assistant director of Clinical Services. They'll do so through community forums, school visits and phone calls to survivors, promoting "resilience, empowerment and recovery."

Holli Drobny, Behavioral Health community services program manager, said the department received trauma training before the disaster and is undergoing American Red Cross psychologi-

**Resources:**  
IsraAID training—dross@israaid.org  
Art of Living sessions—sacramento@us.artofliving.org or (800) 314-7050  
Recovery aid—butecountyrecovers.org

cal first-aid training. During one session, Drobny and her colleagues learned how to recognize signs of stress in themselves and their clients, and how to provide immediate support.

One of her key takeaways: spending just 10 minutes to 15 minutes a day connecting with someone about thoughts and feelings can be incredibly helpful. This tip also is suggested by SAMHSA, which recommends engaging in physical activity, focusing on healthy eating, re-establishing routines, celebrating successes and returning to enjoyable activities.

Nichols has an optimistic view of recovery. In general, the more people start to regain control over their lives, housing and employment, and re-establish a sense of community, they will begin to feel safer and more secure. Nichols said this puts them at less of a risk of developing long-term mental health effects.

"It's not inevitable people will have long-term trauma." □

## WEEKLY DOSE

### Three easy habits for 2019



Happy Ditch New Year's Resolutions Day! That's right, today (Jan. 17) is the day you can give up on your grandiose plans to save yourself and the planet from certain disaster. Instead, here are three manageable habits you can build upon to live a better life:

1. **Get eight hours of sleep.** At least most nights. Yes, you can sleep when you're dead, but if you do it now, you'll be happier while alive.
2. **Redefine your idea of exercise.** Build exercise into your day by getting out of the car to walk or bike to your destination.
3. **Put down the phone.** Quit scrolling and talk to a real person. Unplug and be mindful, even just for a few minutes a day.

SIGN UP FOR OUR NEWSLETTER. GET 10% OFF.

CN&R  
sweetdeals  
CNRSWEETDEALS.NEWSREVIEW.COM

45 YEARS IN BUSINESS

## Rape Crisis Intervention & Prevention

Adults who experienced sexual violence as a child are not alone. No matter what, the abuse was not their fault.

Adult survivors live with these memories for a long time. Some survivors keep the abuse a secret for many years. Often when people are in recovery, experience partner abuse or if their perpetrator dies, all of these unwanted feelings come flooding back. They may have tried to speak to an adult or felt there was no one they could trust when the abuse occurred. For these reasons and many others, the effects of child sexual violence can occur many years after the abuse has ended. There is no set timeline for dealing with, and recovering from, this experience.

If someone you care about suffered sexual violence as a child your reaction can have a big impact on the survivor. It is not always easy to know what to say, but you can help the healing process begin.



Rape Crisis intervention and Prevention is the perfect resource and are always there to help and listen.



BUTTE/GLENN: (530) 891-1331 TEHAMA: (530) 529-3980  
24HR: (530) 342-RAPE M-F 10A-6P EXC. HOLIDAYS  
WWW.RAPECRISIS.ORG

“

*Education has changed my entire life trajectory in a way that I would not have believed was possible. Butte College has taken me further than I ever could have imagined.*

SEAN HEADLEY, COMMENCEMENT STUDENT SPEAKER 2018

**Careers Start Here  
Apply Today!**

**butte.edu/enroll**  
**(530) 895-2250**

Spring Semester begins **January 22**

