

play, and the veterinarian was invited to present a safety lesson for children at the school.

It's incidents like those, Applegate said, that "I would never even have thought in my wildest dreams that could be an issue."

Treatment at schools will vary from person to person, and the goal is to provide stable, short-term outreach, Lindstrom said. Counseling for children could mean engaging for a short period on the playground or in lines for buses and food. Other students and staff could receive more traditional counseling sessions.

For those in need of more serious intervention—such as to address intense post-traumatic stress—counselors are encouraged to refer people to outside experts who are better equipped to provide treatment.

There are still questions regarding just how many students will return to schools most affected by the fire. Campuses in Paradise will be reconfigured, Applegate said.

**"We have to be transformed whether we like it or not. Our county will never look the same as it did before Nov. 8..."**

—Scott Lindstrom

What was once two elementary schools will be one. The high school and intermediate school will share a campus. Before the fire, Paradise Unified School District served about 3,600 students. It's projected about 1,200 to 1,500

students will return.

"Schools are going to look really different up there," Applegate said. "Really different."

Lindstrom holds the view that trauma and recovery initiatives introduced following the fire could change the way agencies across the county work with one another, resulting in a transformation that would mean better collaboration.

"We have to be transformed whether we like it or not," Lindstrom said. "Our county will never look the same as it did before Nov. 8, so our hope is to be kind of facilitators of a positive transformation that includes more services, better linkages across service providers and better access." □

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## WEEKLY DOSE



### Pets: a prescription for health

People who own pets—dogs, cats and other domesticated animals—already know that their companions give them the warm and fuzzies. You know, those feelings of contentment, happiness—of being loved. But there actually are health benefits to pet ownership—both in the mental and physical realms. Companion animals are anxiety-reducers—they release hormones that cut down on those that trigger stress. Dogs, in particular, reduce the risk of heart disease, for example. Walking them helps lower blood pressure. Studies show that dog owners with heart issues tend to live longer than cardiac patients who don't have canines. Research also indicates that pet owners generally are happier and less lonely.

Source: WebMD.com



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