



ALPINE Threads



Community and Family Life in the California Alps

Fall 2024

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Masthead photo courtesy of
Alpine County photographer
Todd Branscombe.



NARCAN SAVES LIVES



No time to sit idly by. More and more people are dying of overdose from the likes of heroin, fentanyl, and prescription pain medications like oxycodone and hydrocodone. These are all examples of opioids.

Opioids are drugs derived from the opium poppy plant or made in the lab. They can treat pain, cough, and diarrhea. But opioids can also be addictive and even deadly.

The number of opioid overdose deaths has escalated more than 400% since the turn of the century, with tens of thousands of lives now being lost every year. But many deaths can be prevented with a life-saving treatment: Narcan/naloxone.



When given right away, narcan can work in minutes to reverse an overdose. Narcan is safe, has few side effects, and some forms can be administered by friends and family.

When is narcan used?

You can save a life. First, recognize signs of overdose:

- Limp body;
- Pale, clammy face;
- Blue fingernails or lips;
- Vomiting or gurgling sounds;
- Inability to speak or be awakened;
- Slow breathing or heartbeat.

If you see these symptoms, call 911 immediately and consider the use of NARCAN if available.

Resource: <https://nida.nih.gov/>



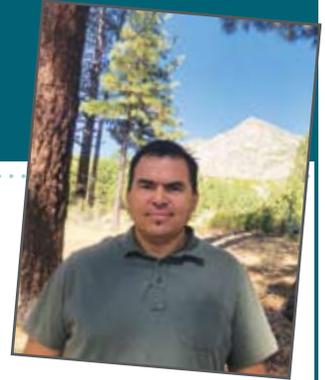
If you would like individual training on the use of Narcan, please contact Alpine County BHS to set up a (30) minute appointment with Misty Dee - LAADC. After watching the training video a (2) use box will be provided to you. (530) 694-1816





Alpine Watershed Group (AWG) Staff Updates & Creek Day 2024

By Kimra McAfee, Executive Director, Alpine Watershed Group



We are thrilled to introduce AWG's new Forest Health Coordinator, Neil Mortimer. Neil started in late July, just in time to attend the Forest Health Community Working Group's prescribed fire field workshop. Neil is our team member to contact for anything related to forest health and resilience. You can reach him at awgneil@gmail.com or (530) 694-2327. As a lifelong resident of Alpine County, an enrolled member of the Washoe Tribe of Nevada and California, and a long-time Eastern Alpine Fire Department member, Neil is a perfect fit for this role. In addition, he holds an A.A. in Fire Science and a B.A.S. in Organization and Project Management, and he is pursuing a Masters of Tribal Resource and Environmental Stewardship degree and a post-baccalaureate certificate in Tribal Natural Resource Stewardship, Economics, and Law.

We are also excited to announce that our California Climate Action Corps Fellows, Kaitlyn Garber, and Bella Kurtz, will be returning to serve another 11-month term at AWG. Please join us on Saturday, September 21, at 9 a.m. at Markleeville Library Park for our annual Creek Day community workday to meet Neil and express gratitude to our Fellows for their continued service to Alpine County!



If you aren't already getting AWG's newsletter, visit www.alpinewatershedgroup.org/email-bulletin to sign up to receive monthly updates on all things related to watershed health.

Alpine Watershed Group
Creek Day 2024
Saturday, September 21

Meet at Markleeville Library Park
270 Laramie Street
Markleeville, CA 96120
9 a.m. - 12:30 p.m.

PROJECTS INCLUDE:

- ★ Creek and Highway Cleanups
- ★ Restoration in Faith Valley
- ★ Willow Stake Installation
- ★ Vegetation Management

**Weather and air quality dependent*

Please **RSVP** on AWG's website for headcount and waiver

REMEMBER! Bring a water bottle and sun protection, and wear long sleeves, long pants, and closed-toed shoes

For more information, visit our website or contact Bella Kurtz at awg.isabella@gmail.com

THANK YOU TO OUR SPONSORS!

ALPINE Watershed Group
Markleeville Library
DESOLATION!
ROI
TROUT Unlimited
CALIFORNIA CLIMATE ACTION CORPS

ALPINE WATERSHED GROUP (530) 694-2327 www.alpinewatershedgroup.org/creek-day

Coffee provided by

LET'S DO THE MATH

AS our kids start school, let's do the MATH

ZERO FRUIT OR CANDY-FLAVORED E-CIGARETTES HAVE BEEN AUTHORIZED BY FDA

YET THOUSANDS REMAIN ON THE MARKET ILLEGALLY

THE MATH IS NOT MATHING.

TO LEARN MORE, PLEASE VISIT WWW.PARENTSAGAINSTVAPING.ORG

For more information, contact Alpine County Public Health at 530-694-2146 or scan the QR code.

HOW CAN I SUPPORT THE MENTAL HEALTH OF MY YOUNG CHILD?



Bond With Your Child

Nurturing relationships with parents and caregivers are the foundation for a child's social and emotional development and make babies' brains stronger. These relationships also include child care providers, teachers and other community members who care for your child.

Positive interactions can include:



Cuddling



Talking



Singing



Reading



Playing with Toys



Counting



Storytelling



Sharing Meals

From birth, young children invite their parents and other adult caregivers into their lives to engage with them through cooing, facial gestures and crying. Each invitation is an opportunity for the adult to either be responsive or unresponsive to the child. This back and forth process is known as "serve and return" and is part of how the brain learns and grows. Parents and caregivers who engage positively with their child are literally building the child's brain. That's why it's so important to interact with your child through talking, singing, reading and playing from the day they're born.



LEARN MORE:

Vroom: Free for parents to learn new and creative activities to keep young children engaged while also stimulating brain development. [Vroom.org](https://vroom.org)

The California Healthy Minds, Thriving Kids Project:

Free videos for parents that helps parents teach their children mental health and coping skills. <https://childmind.org/healthymindsprek/>

Support for Infant and Early Childhood Mental Health



Different services offer parents, caregivers and providers extra support to care for their young children's social and emotional development. This includes parent trainings, support groups, and infant and early childhood mental health consultations. Such services offer adults in young children's lives with the tools and knowledge of their child's behaviors and how to support them. For example, services provided by a mental health consultant can be offered in many settings where young children learn, grow and play, such as child care programs to help the teachers understand and respond to children's behavior. IECMH consultations provide the adults in young children's lives with the tools and

knowledge of their child's behaviors and how to support them.



LEARN MORE:

Talk to your child's pediatrician or child care provider to learn more about [IECMH Consultations](#)

What else can I do to support my young child's development and mental health?

Parents and caregivers are critical to babies' social-emotional development. It is also important to take care of yourself. Young children are very sensitive to their caregivers' stress. Strategies for parent/caregiver mental health can include:



Mindfulness/
Breathing Exercises



Physical
Exercise



Therapy/
Counseling



Home-Visiting
programs through
your doctor's office



Visiting with other
friends and family who
have young children



Information gathered by First 5 Alpine from:

childrenspartnership.org/research/how-families-can-support-their-childs-social-and-emotional-development/



LIVE VIOLENCE FREE HAS PIVOTED TO OFFERING MOBILE SERVICES IN ALPINE COUNTY. This means we no longer have a physical location here but still provide services in the community. For crisis response, a case manager will respond to Alpine County. We are still providing accompaniment, peer counseling, housing services, including safe house and housing assistance, and therapy. Outreach and education within Alpine communities will continue to be a priority for us, and we are excited to include more youth involvement in our outreach coming soon! We will continue to meet survivors where they are and empower them to make the best choices for them – since they are the experts of their story.

Did you know that a survivor of violence is likely to reach out to 2 to 3 friends or family members before they reach out to a formal support like Live Violence Free or the Sheriff's Office? We want to ensure community members are prepared for these conversations and can provide support before a referral to a formal source is made. Here are some tips for that conversation:

HOW TO EFFECTIVELY T.A.L.K. WITH SOMEONE ABOUT ABUSE

- Thank them for trusting you with their story.
- Ask how you can help in a way that respects their choices.
- Listen without judgment and validate their feelings.
- Keep the support ongoing, and ensure you're also taking care of your emotional health.

Recognizing and responding appropriately to these disclosures requires courage and understanding. If you want to learn how to navigate these sensitive conversations, join us for the #OneConversation training.

ANYONE SEEKING OUR SERVICES IN ALPINE COUNTY

can still call the office line:
530-694-1853 or our
24/7 crisis line: 530-544-4444

To contact us via email:
alpine@liveviolencefree.org



LIVE VIOLENCE FREE

Donate your vehicle!

All vehicles considered!

Contact the number below to arrange pick-ups

We strive to accept all kinds of donated vehicles (running or not) including cars, trailers, trucks, boats, RVs, motorcycles, campers, off-road vehicles, planes, heavy equipment, farm equipment, and most other motorized vehicles.

Donate Now

More Information info@liveviolencefree.org 855-500-7433 | 855-500-RIDE

3RD ANNUAL MARKLEEVILLE

Chili COOK OFF



Salsa Contest, Artist
Faire, and Live Music

SATURDAY, OCTOBER 5TH

MARKLEEVILLE LIBRARY PARK 270 LARAMIE STREET,
MARKLEEVILLE, CA

CONTESTANTS COOK & PREP TIME 10 am-12:30 pm

CHILI & SALSA TASTING & VOTING 12:30 pm-2 pm

ART VENDORS 10 am-4 pm (9 am set up)

WINNERS ANNOUNCED AT 3 PM

TROPHIES FOR 1ST PLACE

CHILI & SALSA

PRIZES FOR 2ND & 3RD

PLACE CHILI

PRIZES FOR 2ND & 3RD

PLACE SALSA

*BEST THEME & BOOTH

DÉCOR*

NO ENTRY FEE FOR COOKS
\$15 FEE FOR ART VENDORS
\$5 TASTING KITS

CHILI/SALSA COOK ENTRY FORMS & ART
BOOTH REGISTRATION FORMS AVAILABLE
AT ALPINE COUNTY BEHAVIORAL HEALTH
40 Diamond Valley Rd. Markleeville, CA or
email driddle@alpinecountyca.gov



ALL PROCEEDS BENEFIT ALPINE KIDS



4 UNNOTICEABLE FACTORS Impacting Your Mental Health and 4 ACTIONS YOU CAN TAKE to Improve It



Our mental health can be impacted by various factors, some of which may not be immediately obvious. Here are four things likely affecting your mental well-being right now, whether you realize it or not:

Current Events. Violent or troubling global events can take a toll on our mental health. Even if you're not directly affected, constant exposure to distressing news and graphic images can be overwhelming. A 2022 study revealed that 73% of American adults feel overwhelmed by the number of global crises.

Loneliness. 58% of U.S. adults report feeling lonely, with certain groups like low-income individuals and young adults at higher risk. Loneliness increases the likelihood of anxiety, depression, and other mental health challenges. It has an impact on lifespan, equivalent to heavy smoking or alcoholism.

Technology. While the Internet offers many benefits, it also has downsides. Continuous exposure to negative news causes anxiety about the future. Daily comparison when using social media leads to depression and low self-esteem. The blurring of work and personal life, especially when working from home, can also increase the risk of burnout.

Social Drivers. Social determinants of health, such as economic status, education, and access to resources, greatly influence physical and mental health. Financial worries are particularly concerning because they cause mental distress. In a 2023 Gallup poll, 42% of Americans expressed concern about being able to pay their bills.

How Can You Cope When the Weight of the World Feels Overwhelming?

Foster Social Connections. A support system providing a safe healing space is crucial for our well-being. Surround yourself with people who lift you up, whether they are friends, family, online communities, or support groups. Therapy and counseling can also offer valuable help. Engaging in activities with others who share your interests or faith can provide comfort and connection.

Set Tech Boundaries. What works best for you to limit screen time? It might be setting specific hours for social media use or setting app time limits. Determine what works best for you, and be intentional about your online activities.

Take Action. With the world being overwhelming, it's easy to feel powerless. However, taking action and advocating for causes you care about can be therapeutic and empowering. Making a difference, even in small ways, can bring hope for the future. Get involved in local causes, join advocacy groups, vote, help the environment, or speak up on important issues.

Discover Healthy Ways to Cope. Explore different coping mechanisms to manage your emotions. Numbing them with substances or other unhealthy ways to cope doesn't help anyone in the long run. It may take time to find what works best for you, but it is always worth the effort.

Take good care, Alpine!



Ewa@spnawareness.org | [Suicide Prevention Network](https://www.spnawareness.org)
www.spnawareness.org 775-783-1510

If managing your mental health on your own feels overwhelming, talking to a counselor or therapist can provide the support you need. To see a clinician, call Alpine County Behavioral Health Services at 530-694-1816.

If you are in crisis, help is available. Call or text 988 or visit 988lifeline.org for support at any time.

Another crisis line available to Alpine residents 24/7 is 1-800-318-8212.





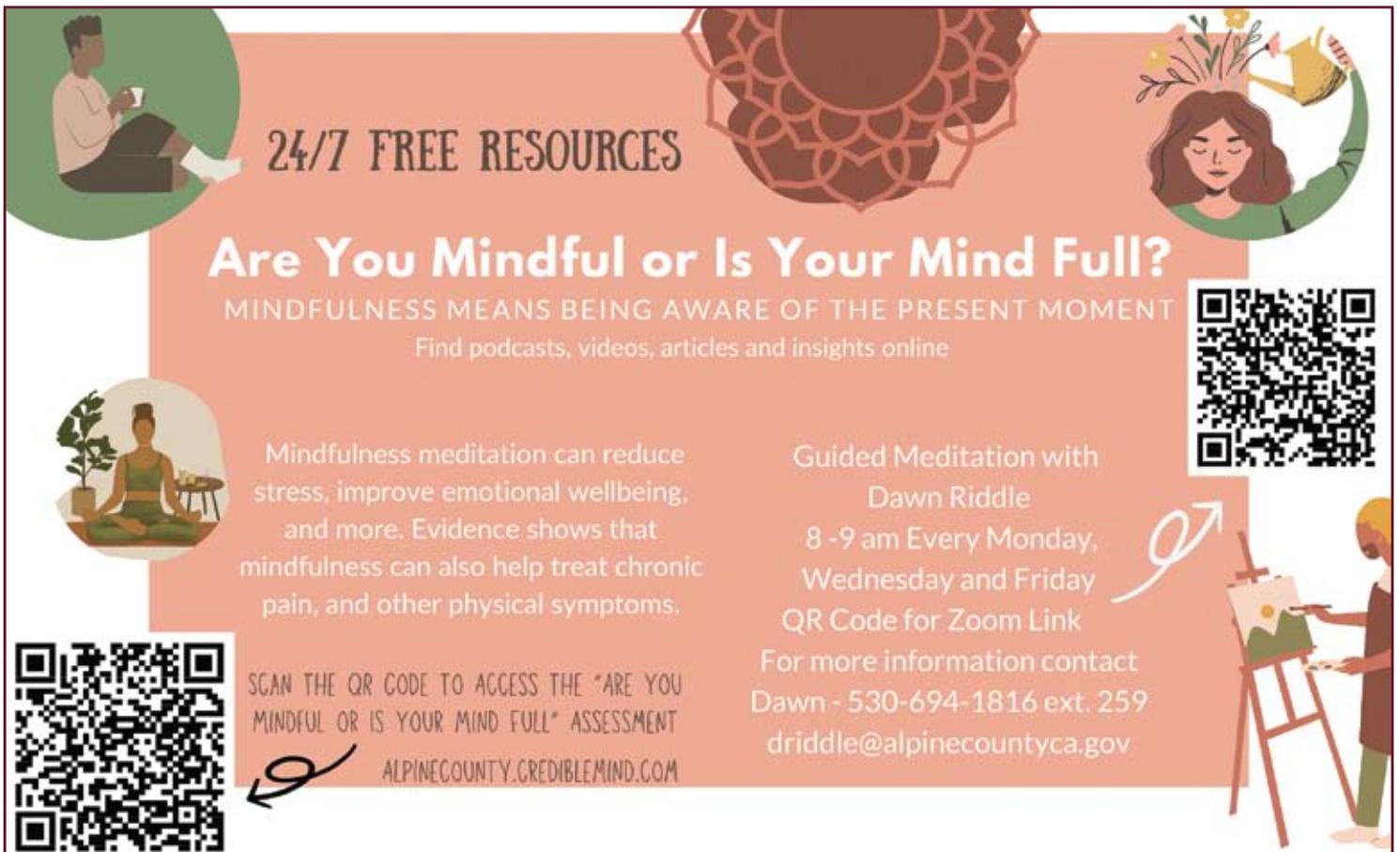
New Credible Mind Platform

The Alpine County Public Health team, in conjunction with the Behavioral Health Services team, has been working to bring a new platform to county residents for over a year called Credible Mind. It is a digital platform that provides expert-curated and scientifically backed mental health and self-care resources specifically chosen to match your unique needs and preferences. This platform is freely available to everyone who lives, works, or plays in Alpine. It has hundreds of topics with multiple resources. The topics are broken into eight categories ranging from Mental Health, Emotional Health, Healthy Relationships, and Life Changes.

According to a White House Report on Mental Health Research Priorities from February of 2023, "Our nation is facing a mental health crisis among people of all ages, and the COVID-19 pandemic has only made these problems worse." This crisis exists in every community, but especially in rural communities like Alpine County. Even before the pandemic, mental health rates for depression, anxiety, and substance abuse were on the rise, and the pandemic only increased these issues. The rates of anxiety and depression are up double, if not triple, and the rates of loneliness have also risen. As much as we would like to think that the pandemic is over, there are an estimated five more years of these rates.

There is some good news! Early intervention works! Things like being in nature, sleeping well, meditation, and good social connections can help alleviate some of the stressors common in mental health struggles.

According to the co-founder and CEO of Credible Mind, Deryk Van Brunt, who spoke at the July 2nd Board of Superiors Meeting, three out of four individuals who have some form of mental distress do not want medication. They want to know what they can personally do to make themselves feel better. That is where Credible Mind can help, with evidence-based self-care for mental health, not as an alternative but as a compliment to professional services.



24/7 FREE RESOURCES

Are You Mindful or Is Your Mind Full?

MINDFULNESS MEANS BEING AWARE OF THE PRESENT MOMENT
Find podcasts, videos, articles and insights online



Mindfulness meditation can reduce stress, improve emotional wellbeing, and more. Evidence shows that mindfulness can also help treat chronic pain, and other physical symptoms.

Guided Meditation with Dawn Riddle
8 -9 am Every Monday, Wednesday and Friday
QR Code for Zoom Link

For more information contact Dawn - 530-694-1816 ext. 259
driddle@alpinecountyca.gov



SCAN THE QR CODE TO ACCESS THE "ARE YOU MINDFUL OR IS YOUR MIND FULL" ASSESSMENT
ALPINECOUNTY.CREDIBLEMIND.COM

THE RISE OF NICOTINE POUCHES

Nicotine pouches have gained popularity as an alternative to traditional tobacco products. Among these, ZYNs have emerged as a notable brand in the evolving landscape of nicotine consumption. Unlike traditional chewing tobacco or snuff, ZYNs contain no tobacco leaf, which many users find appealing. Instead, they use nicotine extracted from the tobacco plant and mix it with other ingredients to create a fine, white powder that's placed between the gum and lip.

One of the primary appeals of ZYNs is their convenience and discretion. The pouches come in various flavors and strengths, catering to multiple preferences. ZYNs don't produce smoke or require spitting, so they can be used in more settings where traditional tobacco products are prohibited.

While ZYNs offer a smokeless and tobacco-free way to consume nicotine, there are important reasons to reconsider their use. Despite being marketed as a less harmful alternative to smoking, ZYNs still contain nicotine, which is addictive and can have adverse health effects, including increased heart rate and blood pressure. Additionally, the long-term health impacts of using nicotine pouches are not fully understood.



IF YOU WOULD LIKE RESOURCES TO STOP SMOKING PLEASE CONTACT ALPINE COUNTY PUBLIC HEALTH AT 530-694-2146 OR VISIT WWW.KICKITCA.ORG



COUNTY OF ALPINE
Health and Human Services
Public Health Department
 Nichole Williamson, Director
 Dr. Richard Johnson, Public Health Officer

FOR IMMEDIATE RELEASE

September, 3rd 2024

Contact: Alpine County Health Department
 Tobacco Control Program
 (530) 694-2146

Youth Tobacco Purchase Survey

Alpine County, CA - On August 1st, 2024, the Alpine County Tobacco Control Program conducted its annual local survey of retailers and their compliance with California’s Tobacco 21 Law. This law is meant to protect young people under the age of 21 from accessing tobacco and vaping products in retail environments.

The survey involves having a trained youth investigator attempt to purchase a tobacco product at each retail location in the county while under the supervision of adult chaperones. The stores are also checked for the required signs, including the 1-800-5 ASK-4-ID sign posted near the register and the “No Tobacco & E-Cigs Under 21” decal on their windows. The required signage is part of the STAKE Act, The Stop Tobacco Access to Kids Enforcement (STAKE) Program, which strives to lead tobacco enforcement in California. The mission of the program is to reduce the illegal sales of tobacco products to persons under 21 years of age through effective enforcement of the STAKE Act.

Besides displaying the proper signage, all California tobacco retailers are required to train their employees to ask for identification for anyone who appears to be under the age of 30 and to refuse sale to anyone under the age of 21.

Despite stringent regulations that prohibit the sale of tobacco products to individuals under the age of 21, there have been increasing instances where minors are gaining access to these harmful substances through licensed vendors. This troubling trend undermines public health efforts and poses serious risks to the well-being of our youth.

This year’s Young Adult Tobacco Purchase Survey has revealed that one of two retailers currently in operation did not enforce age restrictions, resulting in a minor successfully purchasing tobacco products. The Alpine County Tobacco Control Program believes this is an educational moment for the retailer and their clerks regarding the STAKE Act.

Alpine County Health and Human Services remains committed to promoting public health and safeguarding the future of our youth. We believe a collaborative approach involving regulators, retailers, and the community is essential in addressing and resolving this issue. Alpine County Public Health is dedicated to advancing public health and advocating for policies that protect and promote the well-being of individuals and communities. We strive to create a healthier future for everyone through research, advocacy, and community engagement.

75 Diamond Valley Road, Markleeville, CA 96120
 HHS: (530) 694-2235 / Fax (530) 694-2252
 Public Health: (530) 694-2146 / Confidential Fax: (530) 694-2770
 Internet Address: <http://www.alpinecountyca.gov>



**Alpine County Public Health
is now on Facebook**

Like us and follow us for up to date information and tips about healthy living and emergency preparedness in beautiful Alpine County!



SHOWING DISNEY'S COCO
DINNER PROVIDED

FRIDAY, OCTOBER 18TH

5:30-7:30

ALPINE COUNTY LIBRARY
270 LARAMIE STREET
MARKLEEVILLE, CA 96120

Bring chairs, warm clothes and
blankets !



VOTE

Alpine County Clerk Satellite Offices

The County Clerk will establish the below satellite offices to provide:

- Voter Registration
- Ballot Issuances
- Ballot Replacement
- Ballot Collection



October 16, 2024

9 AM - 4 PM

Hun-A-Lel-Ti Firehouse
96 Washoe Blvd, Woodfords, CA

October 23, 2024

9 AM - 4 PM

Kirkwood Meadows Public Utility District
Board Room - 33540 Loop Rd, Kirkwood, CA

October 30, 2024

10 AM - 3 PM

Bear Valley Library
367 Creekside Dr, Bear Valley CA

Please call or email at
530-694-2281
elections@alpinecountyca.gov
for more information

FREE DRIVE-THRU FLU CLINIC



It's that time of year again. Getting a seasonal flu shot is a proven way to help prevent the flu or lessen the severity and duration of flu-related illness.

Thursday, October 10th, 10am to 4pm
Alpine County Health & Human Services Parking Lot

75 Diamond Valley Road

NOTE: We will NOT be offering the high dose flu vaccine or the COVID vaccine. Check with your local pharmacy.

🎃 • Bear Valley Flu Clinic TBD • 🎃

For more information call (530) 694-2146



Healthy Eating, in a SNAP!

ALPINE THREADS EDITORIAL BOARD

First 5 Alpine

75 Diamond Valley Road
PH: 530-694-2235 ext. 227
[www.alpinecountyca.gov/523/
First-5-Alpine](http://www.alpinecountyca.gov/523/First-5-Alpine)

Alpine County Health and Human Services

75 B Diamond Valley Rd.
PH: 530-694-2146
FAX: 530-694-2252

The Learning Center and Local Child Care Planning Council

100 Foothill Rd.
PH: 530-694-1148

WEBSITE LINKS

www.alpinecountyca.gov/calendar
[www.alpinecountyca.gov/523/
First-5-Alpine](http://www.alpinecountyca.gov/523/First-5-Alpine)
www.alpinecounty.com
www.alpinewatershedgroup.org
[www.alpinebiomasscommittee.
wordpress.com](http://www.alpinebiomasscommittee.wordpress.com)
www.spnawareness.org/



Disclaimer: This wellness-focused publication is not intended to provide timely news and/or personal, political or discriminatory statements. Alpine Threads Editorial Board reviews all content.

Curried Chicken with Vegetables



Serves: 6

Ingredients

- 1 pound Chicken Thighs, skinless and boneless, cut into 1-inch pieces
- 3 cloves Garlic Large, minced
- 1 tablespoon Ginger peeled and grated
- 2 teaspoons Curry Powder
- 1/2 teaspoon Salt
- 1/2 tablespoon Vegetable Oil
- 1 Onion diced
- 1 cup Low-sodium Chicken Broth
- 1 cup Water
- 1 Potato diced
- 3 Carrots diced
- 4 stalks of Celery diced

Directions:

In a small bowl, combine chicken, garlic, ginger, curry powder, and salt. Stir to coat meat evenly. Let marinate for 15 minutes while cutting vegetables.

In a large skillet, heat the oil. Add onion and cook until soft, 5 minutes.

Add chicken with marinade. Cook until the meat turns white. Add broth and water. Add potato, carrots, and celery. Stir well, bring to a boil, cover, and reduce heat to low. Cook until potatoes are tender and chicken is cooked through 15 to 20 minutes.



For more recipes, borrow SNAP-Ed cookbooks from the Library and the Woodfords Indian Education Center.

ALPINE THREADS

75 B Diamond Valley Rd.
Markleeville, CA 96120
Phone: (530) 694-2146

*Addressing the needs of the
Alpine County Community*

Standard Rate
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Markleeville, CA 96120

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