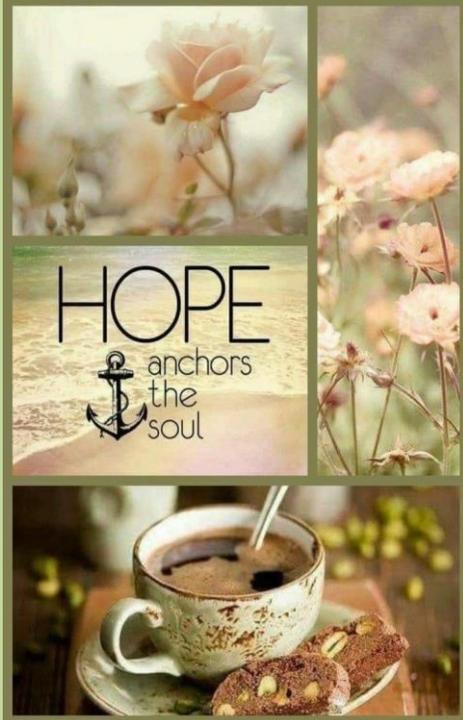


Let's Connect!

September 15, 2020

Hello, Alpine County Family!

Did you know that September is Suicide Prevention Month and National Recovery Month? The ongoing stress and worry we may be experiencing as individuals, families and a community as a result of the Covid-19 pandemic, wildfires, house fires, extremely poor air quality, racial injustices, grief and loss are challenging and at times can dampen our hope. This may be especially true for people in our community who were already struggling economically or with pre-existing health problems or mental health challenges. However, throughout difficult times we have also seen that when we work together, we are even more powerful than when we act alone. Now more than ever we need inspiration and a clear vision of hope, recovery and resiliency to unite us and move us forward. Here's to an inspired fall season ahead!



When

you've prayed to every angel. When you've chanted all the goddess names. When the sage is gone. When the candles have burnt out. When you sense the unseen. When you turn towards earth and she turns back. When you lift your heart to sky. When you dance near water. When you feel the path of time and the pull of source. When your nervous system is reclaimed as a house for heaven. When Hope and Prayer respond, "You're it." When you know the only way in is through and out is over the mountain. When it's strong and intuitive. When you're passed the point of stopping and prolonging. When you loosen your death grip on control. When Grace is dozing off on your chest. When the nocturnal awakens in your heart. When finally, for the first time in your life, you want to breathe deeply and feel your muscles. When you hear your ancestors storytelling in your cells. When you realise pain is a blue, and sometimes battle-tinted, lens. When it's time to do your part. When it's only about you. When you quit anointing yourself with the past. When you stop covering your scent. When sadness no longer feels like anesthesia. When love tastes like coffee. When your soul says, "We'll be better at the end of this." When you have to believe it's true. When you give this newness a chance and wake up to find you're already half-way up the summit.

| Tanya Markul

Please remember: You are not alone. If you are in crisis:

Call the National Suicide Prevention Lifeline

(800)273-8255

Or text MHFA to 741741.

Counselors are available 24/7 to support you or a loved one.

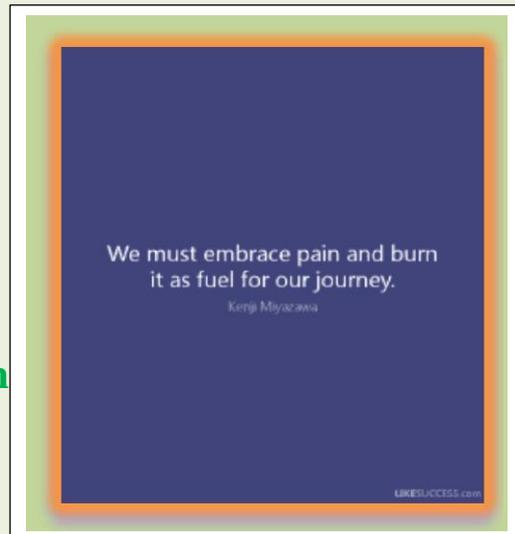


In this issue:



On the following pages:

- **Recipes for Blackberry Basil Ricotta Pizza**
- **Recipe for Peach Caprese Grilled Chicken**
- **30 ways to Self Soothe: How to Feel Calm Again**
- **Puzzles**
- **Coloring Pages**
- **Word Scramble**
- **Article: Finding the Right Tool for the Job of Suicide Prevention**



Short videos for you to watch and reflect on...

<https://youtu.be/k0UTxjmlQek> : Addiction: Pop Culture for Native Americans

<https://youtu.be/2xOLPQZ5rYg> 8 Essentials for Recovery from Addiction

https://youtu.be/TD_f23pbZDc : Fire - A Native American Story

<https://youtu.be/zMdFj4e0Q18>: Stories of Hope and Recovery: Glenn Close

<https://youtu.be/JL0drAmtJWg> : Sharing Native American Stories | Yellowstone |Paramount

<https://youtu.be/Z6wZk1ivh1E> : Two Short Stories To Give You Hope In Your Life

Pay attention to your
patterns. The way you
learned to survive may
not be the way you want
to continue to live.
Heal and shift.

DR. THEMA BRYANT-DAVIS

#FamilyRx

Online YOGA Classes

Behavioral Health Services is offering 1 hour
Zoom yoga classes (4 per week)

Monday & Wednesday 9-10am

Tuesday & Thursday 5:30-6:30pm

To receive the online link to the classes by
email, call our office @ 530-694-1816





Blackberry Basil Ricotta Pizza

Seem weird? Think “Cheese board”. Cheese, bread, fruit, herbs, all in one slice.

Prep Time: 5 mins Cook Time: 15 mins Total Time: 20 mins

Servings: 8 slices

- 1 14 to 16-inch unbaked [pizza crust](#)
- 1 TB. olive oil
- 1 small package blackberries halved
- 1 cup shredded mozzarella cheese
- 1 cup shredded parmesan cheese
- 1 cup ricotta cheese
- 10 large basil leaves sliced into strips

Instructions

1. Preheat a 14 to 16-inch pizza stone in an oven at 500 degrees.
2. Rub the olive oil over the pizza crust. Smash half of the blackberries and spread out over the crust.
3. Top oiled crust with mozzarella and parmesan cheese.
4. Scatter remaining blackberries over the pizza. Place spoonfuls of ricotta randomly over the pizza.
5. Bake on the pizza stone for 10 to 15 minutes, until cheese starts to brown. Scatter basil leaves over the pizza during the last few minutes of baking.
6. Remove from oven and slice into 8 large slices.

Nutrition

Calories: 365kcal | Carbohydrates: 39g | Protein: 23g | Fat: 12g | Saturated Fat: 6g | Cholesterol: 32mg | Sodium: 716mg | Potassium: 254mg | Fiber: 1g | Sugar: 2g | Vitamin A: 350IU | Vitamin C: 4.5mg | Calcium: 422mg | Iron: 3.1m



PEACH CAPRESE GRILLED CHICKEN

Prep Time: 20 mins Cook Time: 15 mins Total Time: 35 mins
Yield: 4 servings

Grilled chicken topped with fresh mozzarella, sweet peaches, basil, and balsamic glaze. This Peach Caprese Grilled Chicken is a simple and beautiful summer dish!

INGREDIENTS

- 1 cup balsamic vinegar
- 4–5 large boneless, skinless chicken breasts
- 2 tablespoons olive oil
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 8 oz fresh mozzarella, cut into 1/2 inch slices
- 4–5 medium peaches, pitted and sliced
- 1/2 cup fresh basil, chopped

INSTRUCTIONS

1. **Heat the grill to medium-high heat.**
2. **Make the balsamic glaze:** Pour a cup of balsamic vinegar in a saucepan and bring it to a boil on the stovetop. Then, reduce to a simmer for 10-15 minutes. Check the consistency by dipping a spoon in the mixture. If it coats the back of the spoon, the glaze is ready. As the reduction cools, the consistency will become more syrup-like. If you happen to reduce the vinegar too much and it becomes a bit too sticky, simply stir a bit of water into the mixture over low heat. Remove the glaze from heat.
3. **Prepare and grill the chicken:** **Cut each chicken breast in half horizontally. Place the halves, two at a time, between two pieces of parchment paper or plastic wrap. Using a meat mallet or rolling pin, pound the meat until thin. Repeat until all halves are pounded thin. Drizzle the olive oil over the chicken breasts. Rub the oil over the chicken to evenly coat. Sprinkle the chicken breasts with salt and pepper. Place the chicken breasts on the grill. Cook for about 5-8 minutes per side.
4. **Plate the dish:** Place the grilled chicken on a platter. Top the chicken breasts with an even layer of mozzarella slices. Spread the peach slices over the mozzarella. Drizzle the balsamic reduction over the chicken, mozzarella, and peaches. Sprinkle chopped fresh basil over the entire dish.
5. **Cutting the breasts in half and pounding them thin is optional. I like thin chicken breasts because they cook more evenly and I find that the flavor is more intense.

HOW TO FEEL CALM AGAIN

30

Ways to Self-Soothe

SIGHT

- Hang up **old photos**.
- Draw a picture of your favorite place.
- Start a **gratitude list**.
- Make a **themed collage**.
- **Stargaze**.
- Take a drive.

TASTE

- Try a **tea subscription** box.
- Make a home-cooked meal.
- Eat dark chocolate.
- Chew gum.
- Use **fresh herbs** while cooking.
- Eat **mindfully**.

SMELL

- Bake **sweet bread**.
- Put on lotion.
- Make **freshly brewed** coffee.
- Buy fresh flowers.
- Light an **aromatherapy candle**.
- Use a diffuser.

HEARING

- Listen to **ambient sounds**.
- Call up someone you love.
- Get lost in **music**.
- Vlogs, ASMR, Podcasts.
- Listen to an **audiobook**.
- Recite positive affirmations.

TOUCH

- Cozy up in **freshly clean sheets**.
- Snuggle with your pet.
- Give yourself a **massage**.
- Try **restorative yoga**.
- Wear soft fabric.
- Give yourself a **hug**.



CAN YOU FIND
ALL THE
NUMBERS
IN THIS
LOGIC PUZZLE?



How Many Faces Do You See?



Share it when you find all of them!!!

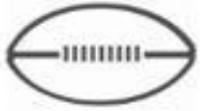


ENJOY

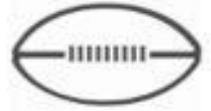
the

LITTLE

things



Football Word Scramble



1. kclaet _____
2. lheetm _____
3. onwcthduo _____
4. kctabeqraru _____
5. ecnnerterief _____
6. oubcchkat _____
7. etfysa _____
8. rbckrcneoa _____
9. fnohdaf _____
10. alaetrl _____
11. recervie _____
12. empnolcito _____
13. nteicntipero _____
14. rentec _____
15. eefrree _____
16. ludhde _____
17. tmerevio _____
18. aaemkfsc _____
19. iskgnip _____
20. tnapeyl _____

Send your answers to Dawn by phone or email for a shout out in the next issue.

Call 530-721-1261 or email driddle@alpinecountyca.gov



Virtual “CREATE THE GOOD” September

Topics and Conversations about Hope, Recovery and Resilience

Friday, Sept. 18th @ Noon: Resilience: Each Mind Matters Bingo

Wednesday, Sept. 23rd @ 5pm: Resilience: Connection to Nature and Recreation

Friday, Sept. 25th @ Noon: Resilience through Culture: Native American Day

Join Zoom Meeting:

<https://zoom.us/j/98887819160?pwd=d0tsTS9GaGhzYUhuSFJoY3cvcINSQT09>

Or open Zoom-meeting # is 988 8781 9160 pw is 088148

One tap mobile: 1-669-900-9182, 98887819160#



Hope, Resilience & Recovery

EachMind
MATTERS



KNOW
THE SIGNS

Funded by enactment through the Mental Health Services Act (DMH 63)

Finding the Right Tool for (the Job) of Suicide Prevention

Have you ever heard the saying “it’s like using a sledgehammer to crack a nut?” While a sledgehammer will certainly open the nut, it will also smash it to bits when there are better tools for the job. This points to the issue of how we respond to someone who reveals that they are thinking about suicide.

If you have ever been in this position, you know how difficult it can be. The fear of saying or doing the wrong thing, or not enough, can be overwhelming. The safest response might seem like calling 911. While this is true in some situations, in others a less drastic response may be more helpful.

Below are some considerations for finding the right tool for the job. Sometimes the best way to identify what steps to take is to ask the person what they think will help keep them safe. You can find reassurance in the knowledge that most suicidal crisis last for a brief period of time. Therefore staying with the person (as long as the scene is not unsafe) and connecting them to resources and ongoing support when the situation has calmed down might be the most effective course of action.

When is a call to a crisis line the right tool?

Crisis lines are designed to quickly assess the level of risk in a situation and get the caller to the appropriate services. If you are calling the National Suicide Prevention Lifeline or one of its member crisis centers in California, the call will be answered by someone trained in assessing suicide risk and conducting a phone-based intervention designed to reduce their risk. Many Lifeline/crisis center calls are life-saving interventions, and they are equipped to call 911 on the person’s behalf if they believe a suicide attempt has occurred or the person’s life is in imminent danger.

Crisis lines are useful in a range of situations, from direct intervention to someone in an acute crisis, to calling yourself to talk about how you might help someone you are concerned about. Crisis lines can also help you or the person in crisis to find a mental health provider in your community.

The National Suicide Prevention Lifeline (1-800-273-8255) is available 24/7 and answered by trained counselors who are skilled in intervening with those who are acutely suicidal, as well as individuals who are concerned about someone else. Chat services are also available online: <https://suicidepreventionlifeline.org/chat/>. Individuals can also text EMM to 741-741.

The Suicide Prevention Lifeline can also connect callers to the Spanish language network through a prompt or by calling directly (1-888-628-9454). There is also an option for the deaf and hard of hearing: 1-800-799-4889. Callers to the Lifeline can also choose a prompt to connect with the Veterans Crisis Line, which can also be reached by texting 838255 or through an [online chat service](#).

When is a call to 911 the right tool?

Calling 911 connects the situation to first responders, such as law enforcement, firefighters and EMTs. If you suspect that someone is about to or has already harmed themselves and requires medical attention, or if you are in danger, this is the right tool. But it may not be the right tool in every circumstance. More often than not other tools in the community can help avoid the potential trauma of a 911 response. For example, crisis hotline staff have the skills to assess and intervene to help someone who is acutely suicidal. Imagine someone being in emotional pain and rather than emotionally stabilizing on the phone or in-person with a caring and compassionate, friend, family member or mental health professional, they are potentially hand-cuffed and transported to the nearest Emergency Room in a police car, only to experience long wait times or hold for psychiatric assessment. This experience might deter them from seeking the appropriate help later.

How do I know if I should be worried about someone?

Becoming familiar with warning signs and resources, being willing to listen, and ready to take steps to reduce access to lethal means are tools you can always have in your toolbox.

Know the Signs: Pain isn't always obvious, but most suicidal people show some signs that they are thinking about suicide. The signs may appear in conversations, through their actions, or in social media posts. If you observe one or more warning signs of suicide, especially if the behavior is new, increased, or seems related to a painful event, loss, or change, step in or speak up. Visit the Know the Signs section of www.suicideispreventable.org to learn the warning signs of suicide.

Find the Words: "Are you thinking of ending your life?" Few phrases are as difficult to say to a friend or loved one. But when it comes to suicide prevention, none are more important. Visit the "Find the Words" section of www.suicideispreventable.org for suggestions to get the conversation started. Having the conversation is less about persuading someone not to end their life, and about showing that you are concerned, helping the person to find hope and remember their reasons for living.

Reach Out: You are not alone in helping someone in crisis. There are many resources available to assess, treat, and intervene. Crisis lines, counselors, intervention programs and more are available to you as well as to the person experiencing the emotional crisis. Visit the "Reach Out" section of www.suicideispreventable.org to find a list of resources in your county, as well as state and national resources, to help you connect and prepare.

Instinct and compassion: two tools you can always count on

There is no foolproof process for knowing exactly the right thing to do. Trust your instinct if it tells you something is wrong. Leading with compassion can help create safe spaces for people to talk about their pain and this is one of the most helpful things you can do.

Many people who have lost someone to suicide don't feel the same compassion from others that those who have lost a loved one another way experience. Some of this is because people are uncomfortable talking about suicide. Consider reaching out to someone who has lost a friend or loved one to suicide. Ask them about how the person they lost lived rather than focusing on the way they died.

The more we talk about suicide and suicide prevention, the more we can reduce the stigma around the subject and infuse our communities with hope and healing.

If you need help with your mental health contact:

Alpine County Behavioral Health Services

(530) 694-1816 or 24 hour Crisis Line (800)318-8282

Website: www.alpynecountyca.gov

