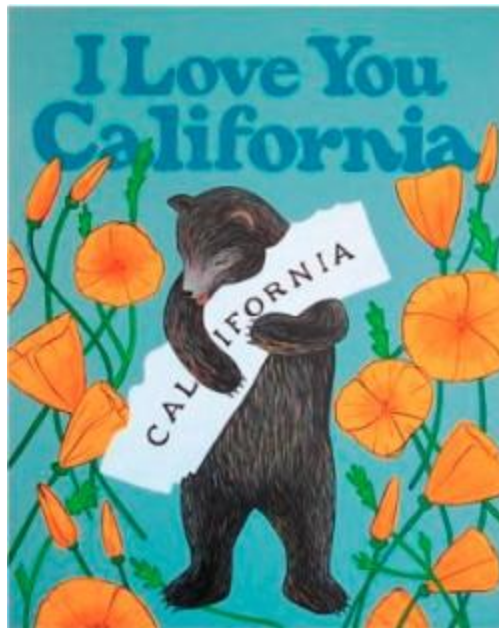


Feature Story

Disaster Recovery Tools

Community and individual trauma recovery stages are outlined in this article. It examines how the relationships and feelings toward aid groups, community members and politicians change as the phases begin and complete. This is a good time for us, as partners, individuals and community members, to be clear about where we are in the process, and communicate with one another with acceptance of what is and what is to come with recovery.

To read more click [HERE](#).



California Fires

Wildfires in California have forced thousands of people to evacuate their homes and in many cases to have lost their homes. If you've been directly or indirectly impacted by the wildfires, these articles and resources may be of help to you. There are also tips to prepare for the possibility of future wildfires.

To learn more click [HERE](#).



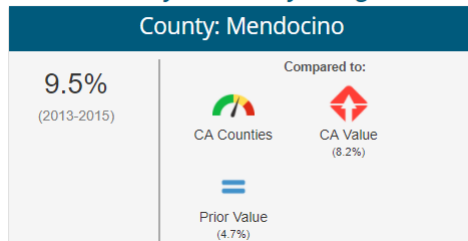
Building Resiliency: Guiding Children's Experience in Recounting Traumatic Events

While it is very important that children who want to share their stories be allowed to tell their stories, this can easily and unknowingly trigger traumatic memories that actually reinforce the trauma responses of the brain. You can guide children's attention to recalling memories that feel good through some simple but skillful questioning. This will lessen the chance of the story telling re-creating trauma for them.

To learn more click [HERE](#).

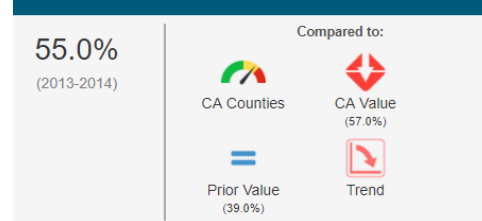
November Featured Indicators

Adults with Likely Serious Psychological Distress



This indicator shows the percentage of adults who have likely had serious psychological distress in the last year based on the Kessler 6 scale. The Kessler 6 Scale (K6), developed with support from the National Center for Health Statistics, asks about six manifestations of nonspecific psychological distress. Respondents were asked how often over the past year they felt nervous, hopeless, restless or fidgety,

Adults Needing and Receiving Behavioral Health Care Services



This indicator shows the percentage of adults needing care for emotional or mental health or substance abuse issues who stated that they did obtain help for those issues in the past year. Psychological distress can affect all aspects of our lives. It is important to recognize and address potential psychological issues before they become critical. Mental disorders are common across the

worthless, as though everything was an effort, or so sad that nothing could cheer them up. Psychological distress can affect all aspects of our lives. It is important to recognize and address potential psychological issues before they become critical.

Click [HERE](#) to view the indicator.

United States, but only a fraction of those affected receive treatment. Although occasional down days are normal, persistent mental and emotional health problems should be evaluated and treated by a qualified professional.

Click [HERE](#) to view the indicator.



Updates for the Healthy Mendocino Project

The **Healthy Mendocino Project Summit** scheduled for October 25, 2017, was postponed due to the impacts from the fires in October. We will reschedule the summit for early next year.

Due to the fires in October many of the Action Team meetings were cancelled. Therefore updates for the month will remain the same for some of the Action Teams. Meetings are back on schedule for November.

Inland Ukiah Regional Chapter

Childhood Obesity/Family Wellness (CHOW): November hashtag is #ShakeALeg.

Childhood Trauma: The Champion Project will start a small pilot project in the Fall at Nokomis School.

Housing: Tammy Moss-Chandler from HHSA has talked to the group on housing and homelessness.

Mental Health: Will be sending out a survey to providers to inventory services.

Poverty: Drafting a survey for nonprofit and county service providers to identify the existing financial stability programs in the County.

North Coast Regional Chapter

Family Wellness: Discussion on Goals and Objectives: How to define goals and objectives, what do we want to accomplish and how can we measure our impact?

Healthy Mendocino Trauma: The group discussed the difficulty of addressing trauma singularly, without looking at the root causes.

Housing: Discussed possibility of a Community Land Trust to keep housing affordability and a way city can deal with vacancies and receiverships.

Mental Health: Draft goals: Reduce Suicide Rates in the County over the next 3 years. Increase continuum of behavioral health services (including SUDT, MH).

Poverty: Draft goals: Increase services for financial literacy through collaboration of north coast agencies. Support West Company in offering services for women with low incomes.

Click [HERE](#) to read the full details for each Action Team and their meeting times and locations.

Presentations Available for your Organization!

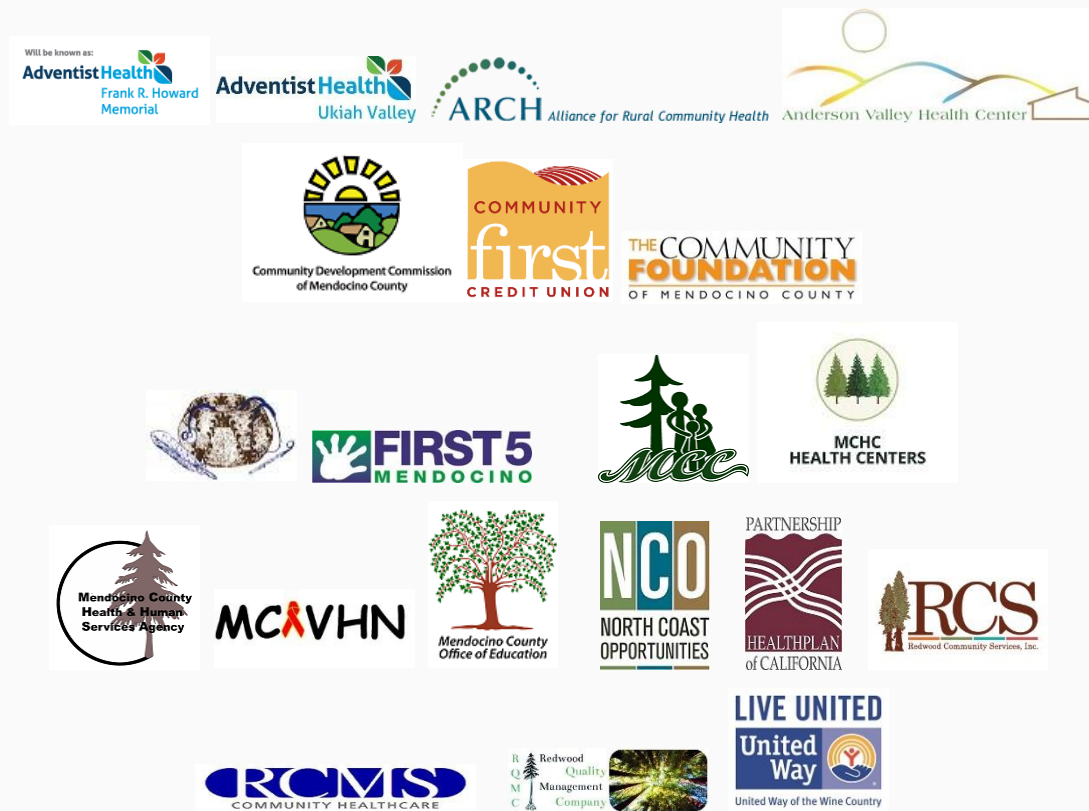
Do you want to learn more about [HealthyMendocino.org](https://www.healthyhendocino.org)?

Learn about the new Community Dashboards, how to navigate the site, tools you can use to help write reports and grants, and how to add a custom Dashboard to your

website.

Email:

healthymendocino@ncoinc.org or call 707-476-3228 to schedule a presentation and find ways you can utilize its many resources.



Copyright © 2017 Healthy Mendocino, All rights reserved.

You are receiving this email because you signed up to receive the Healthy Mendocino Newsletter.

Our mailing address is:

Healthy Mendocino

413 N. State St.

Ukiah, CA 95482

[Add us to your address book](#)

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#)

The MailChimp logo is displayed in a white, cursive font within a dark gray rounded rectangular button.

MailChimp