



## **Mental Health, Alcohol and Drug Advisory Board**

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Dear Parent or Guardian:

### **Members**

**Cindy Greene**

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**Kari Hess**

**Elizabeth Jarrett**

**Samuel Major**

**Dale Marlar**

**Charles Menoher**

**Marvin Peterson**

**Mary Rickert**

**Ron Vigil**

**Connie Webber**

As we all know, Shasta County continues to heal from recent traumatic incidents like last summer's wildfires. We also know there are high levels of Adverse Childhood Experiences in our community, some of them well over state and national averages. Educators say the most common symptoms of emotional distress they see among students include depression and apathy.

Over the past few years, Shasta County has expanded its mental health and alcohol/drug services and we are initiating an awareness campaign to get the word out about these services.

We want you to know that there are many resources available for youth who are struggling. It's important for children to know that they aren't alone and don't have to handle the issues by themselves. The best contact information for parents or guardians to reach out and get assistance for their children can be found by calling 225-5252 or by going to [211shasta.org](http://211shasta.org) or dialing 211. We also encourage you to talk with your student's school counselor.

For more information, about HHSA's mental health services for youth, go to [www.shastahhsa.net](http://www.shastahhsa.net), then click "Mental Wellness," then "Children's Mental Health."

For more information about ACEs go to [www.shastastrongfamilies.org](http://www.shastastrongfamilies.org).

Sincerely,

Charles Menoher, Ed.D., Chairman

Shasta County Mental Health, Alcohol and Drug Advisory Board