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Thad Labhart, Community Counseling Solutions clinical director

Mental health

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have to be through “formal mechanisms.”

“We have all sorts of people right now who are doing outreach with people that are identified to have struggles,” he said.

He said Community Counseling Solutions does not know who those people are.

“So we have to rely on the community to tell us who we can do outreach with, but not everybody wants to hear from CCS,” he said. “People value their privacy, particularly in a small town.”

Labhart said CCS received a grant through the Federal Emergency Management Agency and was able to bring on seven different outreach workers. He said two are full-time.

Labhart said they’re not counselors, just outreach workers. He said the workers coordinate with community groups and

HOW TO STAY HOPEFUL AND RESILIENT

Recovering from any natural disaster takes time and can feel overwhelming. Here are some reminders to help you stay hopeful and resilient.

Reach out: Accept help and support from people who care.

Look ahead: Know your healing has purpose toward the future.

Accept change: Accept what you can’t control so you can focus on what you can.

Move forward: Do one thing each day to keep working toward your goals.

Decisive action: Try to take action rather than putting off or avoiding tasks.

Self-discovery: Be open to opportunities to learn about yourself.

Trust yourself: Nurture a positive view of yourself and your ability to face challenges.

Keep perspective: See the big picture and focus on what’s most important in your life.

Build hope: Visualize what you want rather than focusing on obstacles.

people in the community identified as those who may need help getting connected with services in the area and throughout the state.

He said these could be behavioral health

services, medical, housing, loan protection programs and employment.

Labhart said the crisis workers can be reached at 1-800-923-4357 or 541-676-9161.

HEALTHY WAYS TO DEAL WITH STRESS

- Reach for what’s helped you cope in the past
- Talk with others as much as you can
- Remove distractions from sleep and rest
- Exercise
- Eat healthier

- Listen to music, meditate or try focused breathing
- Write in a daily journal
- Schedule activities you enjoy
- Maintain or establish new routines
- If symptoms linger or intensify, talk to a

professional

Try to avoid:

- Any violence, conflict or risky behavior
- Blaming yourself or others
- Excessive use of alcohol or drugs
- Withdrawing from family and friends