



# LASSEN COUNTY RESOURCE GUIDE

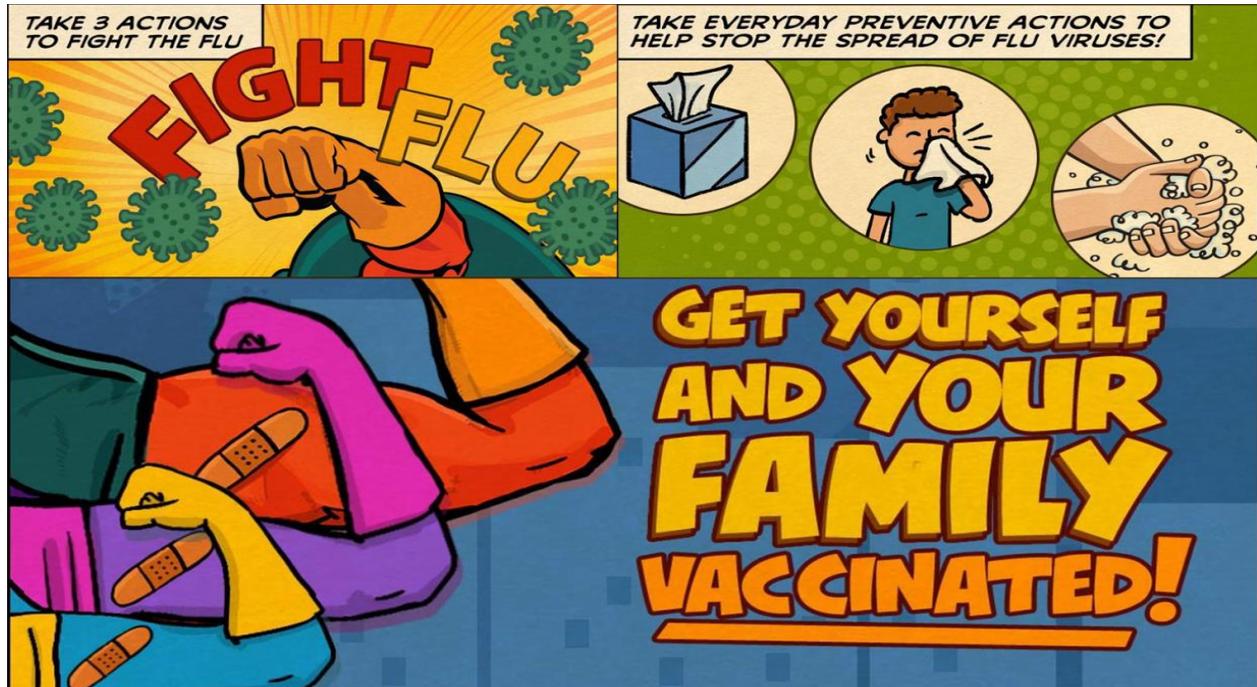
REVISED 2017 EDITION



Photo by Jeremy Couso

## Lassen County Public Health Emergency Preparedness Office

Promotes influenza education and preparedness in Lassen County by offering Annual Flu Vaccinations, providing hand washing, flu prevention education to our local schools and community groups, and promoting flu education and prevention with our local providers.



Visit our Emergency Preparedness Website: [www.norcalbt.com/CountyLassen/](http://www.norcalbt.com/CountyLassen/) and take our —Get Ready Stay Ready Challenge

For more information on influenza, preparing for a pandemic, and emergency kits go to:

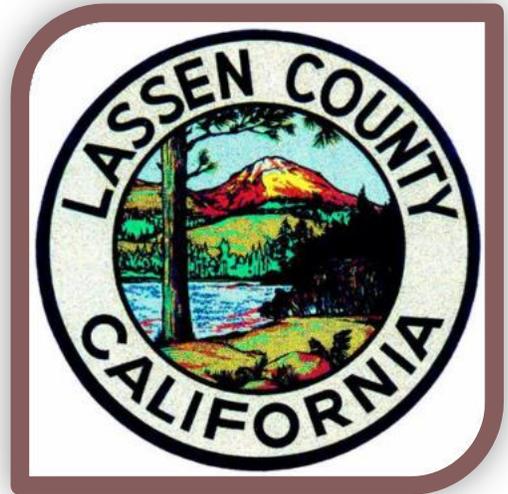
- ◆ [www.pandemicflu.gov](http://www.pandemicflu.gov) (U.S. Department of Health and Human Services)
- ◆ [www.cdc.gov/flu](http://www.cdc.gov/flu) (Centers for Disease Control and Prevention)
- ◆ [www.ready.gov/america](http://www.ready.gov/america) (U.S. Department of Homeland Security)
- ◆ [www.prepare.org](http://www.prepare.org) (Red Cross)
- ◆ [www.oes.ca.gov](http://www.oes.ca.gov) (Governor's Office of Emergency Services)
- ◆ [www.getimmunizedca.org](http://www.getimmunizedca.org) (California Department of Health Services, Immunization Branch)

For more information on Pandemic Flu and Special Needs Resources please contact:

Lassen County Public Health (530) 251-8183

## What is this guide about?

The Lassen County Resource Guide is a tool for accessing services and community resources within the county and surrounding areas. The guide emphasizes resources surrounding health and medical needs, as well as family and community wellness. Also included, are a variety of community organizations.



## Updates

If you are one of these resources or see a need for change or updates, please call or email corrections and/ or additions to Lassen County Public Health at (530) 251-8183 or [publichealth@co.lassen.ca.us](mailto:publichealth@co.lassen.ca.us)

*A current version of this document can be viewed or downloaded from [www.lassenhealthcounty.org](http://www.lassenhealthcounty.org)*

## Thank you!

This Resource Guide has been updated and provided for your convenience by Lassen County Public Health with the assistance of many community partners. Funding for this guide was provided by the Lassen County Public Health Pandemic Influenza Program, a program promoting influenza prevention and education throughout our community

Lassen County Public Health would like to thank all partners that assisted in the creation and update of this resource guide.

Lassen County Public Health is in gratitude to the Washington Department of Health for the creation of the Emergency Resource Guide Sheets used in this director.

The information contained in this document is not a recommendation of services and is subject to change. For questions, please contact the agency listed. Information printed in this Resource Guide was obtained from those agencies listed and other sources deemed reliable. If there are errors, they are unintentional.

This is a living document. If you see a need for changes or updates please call or email corrections and/or additions to the Lassen County Health Education and Resource Tool (H.E.A.R.T.) program at 1-800-838-1223 or [publichealth@co.lassen.ca.us](mailto:publichealth@co.lassen.ca.us). A current version of this document can be downloaded from [www.lassencountyhealth.org](http://www.lassencountyhealth.org) under the resource tab.

# Safely Surrendered Baby Law

## What is the Safely Surrendered Baby Law?

This law establishes a procedure for the voluntary surrender of a baby within 72 hours of birth. Under this law, parent(s) can safely surrender their baby and be protected from prosecution for child abandonment.

Banner Lassen Medical Center, Lassen County Public Health, and the Susanville Fire Department are all safe surrender sites. Safe surrender, under the Safe Haven Law, is a program designed to save lives of newborn infants at risk of abandonment by encouraging parents with lawful custody to safely surrender the infant within 72 hours of birth, with no questions asked.

The toll-free telephone hotline number provides information and the locations of safe surrender sites. **DIAL 1.877.BABY.SAF (1-877-222-9723)**

For more information: [www.babysafe.ca.gov](http://www.babysafe.ca.gov)

### **Banner Lassen Medical Center**

1800 Spring Ridge Dr.  
Susanville, CA 96130  
**530-252-2000**

### **Lassen County Public Health**

1445 Bunyan Rd.  
Susanville, CA 96130  
**530-251-8183**

### **Susanville Fire Department**

1505 Main St.  
Susanville, CA 96130  
**530-257-5152**



## **The California Safely Surrendered Baby Law:**

- Permits the parent(s) or surrendering person to safely and confidentially surrender a baby within three days of birth.
- Provides a safe place for babies.
- Protects the parent(s) or surrendering person from prosecution for child abandonment.
- Does not require that names be given when the baby is surrendered.
- Allows the parent(s) or surrendering person at least 14 days to reclaim the baby

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**In California, no one ever has to abandon a baby again.**

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# Lassen County Public Health

*Passion for Your Health*

1445 Paul Bunyan Road Suite B  
 Susanville, Ca 96130  
 (530) 251-8183

[lassencountyhealth.org](http://lassencountyhealth.org)

Hours: 8:00 am-5:00 pm Mon-Fri



## State Programs

California Children's Services (CCS)	Child Health & Disability Prevention (CHDP)
Childhood Lead Poisoning Prevention (CLPPP)	Communicable Diseases Program
HIV Case Management Program	Immunization Assistance Program (IAP)
Lassen H.E.A.R.T. Program	Maternal, Child and Adolescent Health (MCAH)
Medical Marijuana Program (MMP)	Pandemic Influenza Prevention (Pan-Flu)
Public Health Emergency Preparedness (PHEP)	Supplemental Nutrition Assistance Education Program (SNAP-ED)
Tobacco Use Reduction & Prevention	

## Clinic Services

Hours:  
**Tues & Thurs**  
**1:00 pm- 4:30 pm**  
**Appointments Available**

Childhood Immunizations	Annual Flu Vaccinations
Pregnancy Testing & Education	Tuberculosis (TB) Testing
STD Testing & Education	Lead Testing
Blood Pressure Checks	Free Condoms

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# Emergency Services

**FOR LIFE THREATENING EMERGENCIES      CALL 911**

**To reach Fire, Police/Sheriff, California Highway Patrol, and or Ambulance**

**Non-Emergency Dispatch:**

**Police (530) 257-2171    Sheriff (530) 257-6121    CHP (530) 257-2191**

**FIRE DEPARTMENTS (NON-EMERGENCY)**

Big Valley	(530) 294-5720
Doyle	(530) 827-2681
Little Valley	(530) 335-6266
Sierra Army Depot	(530) 827-4323
Spaulding	(530) 825-3303
Janesville	(530) 253-3737
Standish/Litchfield	(530) 254-6601
City of Susanville	(530) 257-5152
Susan River	(530) 257-7477
California Correctional Center	(530) 257-2181 ext. 4529
Clear Creak	(530) 256-3096
Lake Forest	(530) 257-9593
Westwood	(530) 256-3589
Milford	(530) 253-3699

**BANNER LASSEN MEDICAL CENTER**

1800 Spring Dr.  
Susanville, CA 96130

**(530) 252-2000**  
**bannerhealth.com**

**Services:** Banner Lassen Medical Center is a 25 bed critical access hospital that provides cancer care, heart care, infusion therapy services, maternity care, medical imaging, laboratory services, physical therapy, sleep studies, surgical services, and emergency room services.

**Hours:** 24 hour care, medi-cal accepted

**CALIFORNIA POISON CONTROL**

UC Davis Medical Center  
2315 Stockton Blvd.  
Sacramento, CA 95817

**1-800-222-1222**  
**www.calpoison.org**

**Services:** Emergency treatment recommendations for all types of poisoning. Staff are certified medical health professionals using a computerized database for immediate response. Referrals given when appropriate. Also given is non-emergency information as time permits. Poison prevention program includes literature, stickers, and presentations by health education staff.

**Hours:** 24 hours daily.

**Other Information:** For literature requests, educational center, or other non-emergency requests. (415) 345-0827

**CRISIS LINE**

1306 Riverside Dr.  
Susanville, CA 96130

**(530) 257-5004**

**24 Hour Emergency: 1-888-289-5004**

**Crisis Line:** Lines are answered 24 hours a day, 7 days a week, 365 a year by live, trained staff and volunteers, who provide culturally appropriate crisis intervention, counseling, information, resources, and referrals. In addition, a concerned friend, family member, or neighbor can call to receive information about how to safely offer someone help or direct him or her to resources.

**Hours:** 24 hours per day, 7 days a week.

**DOMESTIC VIOLENCE ASSISTANCE PROGRAM**

1306 Riverside Drive  
Susanville, CA 96130

**(530) 257-4599**

**Services:** Shelter, food, clothing, peer counseling, emergency transportation, help with domestic violence restraining orders and court advocacy.

**Hours:** 8:00am - 5:00pm, Mon-Fri

**LASSEN COUNTY ADULT PROTECTIVE SERVICES**

720 Richmond Rd  
Susanville, CA 96130

**(530) 251-8158**

**After Hours: (530) 310-3682**

(Sheriff's Dispatch)

**Services:** APS is an emergency response system that provides in-person response 24/7 to referrals or reports of abuse or neglect to an elder or dependent adult, for the purpose of providing immediate intake or intervention, or both. APS also provides emergency shelter, or in-home protection, as well as information and referrals for community resources.

**Hours:** 8:00am – 5:00pm, Mon-Fri

**LASSEN COUNTY CHILD AND FAMILY SERVICES**

1445 Paul Bunyan Road  
Susanville, CA 96130

**(530) 251-8277**

**After Hours: (530) 257-6121**

(Sheriff's Dispatch)

**Services:** Driven by a commitment to protect children and strengthen families, Lassen County Child and Family Services is dedicated to the delivery of compassionate, comprehensive and individualized services. Through collaboration and education, we strive to engage and empower families. Working together; we achieve sustainable, positive changes in our community.

**Hours:** 8:00am – 5:00pm, Mon-Fri

**LASSEN COUNTY BEHAVIORAL HEALTH DEPARTMENT**

555 Hospital Lane  
Susanville, CA 96130

**(530) 251-8108**

**24 Hour Emergency : 1-888-530-8688**

**Services:** Adult and Children's Services Assessment, psychological testing, individual therapy, group therapy, case management services, medication support, therapeutic behavior services, rehabilitation services, and adult socialization.

**Hours:** 24-Hour Crisis Intervention. Business office open 8:00 am- 5:00 pm, Mon-Fri

**LASSEN COUNTY PUBLIC HEALTH DEPARTMENT**

1445 Paul Bunyan Road  
Susanville, CA 96130

**(530) 251-8183**

**Lassen H.E.A.R.T. Line 1-800-838-1223**

**Services:** Program services include; case management, policy development, public information, disease prevention, health education, and community outreach. Lassen County Public Health provides extensive outreach programs including; nutrition education, STD education, preconception health, perinatal guidance, handwashing education, flu prevention, disaster preparedness, oral health, physical activity, childhood lead poisoning prevention, and tobacco use reduction and prevention. Clinic services provided are; childhood immunizations, annual flu vaccinations, blood pressure checks, testing for pregnancy, tuberculosis, STDs, and lead, as well as free condoms anytime.

**Hours:** Office hours, 8:00am – 5:00pm, Clinic on Tues and Thurs, 1:00pm – 4:30pm

**LASSEN COUNTY SEARCH AND RESCUE TEAM**

**(530) 257-5756**

P.O. Box 171  
Susanville, CA 96130

**Services:** Search and Rescue Team, mountain rescue, mine rescue, cave rescue, man trackers, 4-Wheel drives, Medical Personnel, Hasty Team and Dive Team.

**LASSEN COUNTY SHERIFF'S DEPARTMENT**

**(530) 257-6121**

1415 Sheriff Cady Lane  
Susanville, CA 96130

**Services:** Responsible for a wide range of public safety services including; prevention, detection, and investigation of crimes, management of a 9-1-1 dispatch center, search and rescue, court security services, serving mandated writs, warrants, and other notices issued by the Court, as well as serving as the Coroner of Lassen County.

**Hours:** 9:00am-5:00pm, Mon-Fri

**LASSEN FAMILY SERVICES**

**(530) 257-4599**

1306 Riverside Drive  
Susanville, CA 96130

**Crisis Line (530) 257-5004**

[www.lassenfamilyservices.org](http://www.lassenfamilyservices.org)

**Mission:** Lassen Family Services, Inc. is committed to ending abuse in our community through prevention, healing, advocacy, safety, and education, compassionate intervention, and effective partnerships with local community and social service agencies that will support the victim's journey to empowerment. **Services:** 24-Hour Crisis Line, Temporary restraining orders, emergency shelter and transitional housing, emergency transportation, food, and clothing; hospital & law enforcement accompaniment, crisis counseling and community referral, legal aid/court advocacy, domestic violence and sexual support groups, parenting classes, teen group, out-of-area transportation, prevention programs and presentations.

**Crisis Line:** Lines are answered 24 hours a day, 7 days a week, 365 a year by live, trained staff and volunteers, who provide culturally appropriate crisis intervention, counseling, information, resources, and referrals. In addition, a concerned friend, family member, or neighbor can call to receive information about how to safely offer someone help or direct him or her to resources.

**Hours:** 8:00am-5:00pm, Mon-Fri

**MOUNTAIN LIFEFLIGHT (Partnered with PHI Air Medical)**

**Emergency: (530) 257-2444**

Mountain EMS, Inc.

**Business Office: (530) 257-0249**

P.O. Box 711  
700 Ash Street

**1-800-926-0801**

Susanville, CA 96130

**Services:** Air ambulance service, advanced life support, public education services, First Aid & CPR training.

**Charges:** According to services. Public education classes available.

**Other Information:** Membership Program available to keep cost of Air Ambulance service down. Call for current cost of membership.

**ROAD CONDITIONS**

**(California Statewide): 1-800-427-ROAD (7623)**

<http://www.dot.ca.gov/cgi-bin/roads.cgi>

**(Reno area): (877) 687-6237**

**SEMSA AMBULANCE SERVICES**

**Emergency: 911**

450 Edison Way  
Reno, NV 89502

**Business Office: (775) 858-5700**

**Services:** Ground ambulance service. Ambulances stationed in Susanville, Janesville, and Westwood.

**Hours:** 24 hours daily.

**SENECA HEALTHCARE DISTRICT**

130 Brentwood Drive

Chester, CA 96020

**Services:** Advanced life support, stand-by emergency room services, physician on call, and walk-in clinic.

**Hours:** Varies with each physician.

**Walk-in clinic hours:** 8:00 am-5:00 pm, Mon-Fri, 8:00 am-4:00 pm, Sat.

**Administration: (530) 258-2067**

**[www.senecahospital.org/home.html](http://www.senecahospital.org/home.html)**

**SUSANVILLE POLICE DEPARTMENT**

1801 Main St.

Susanville, CA 96130

**Services:** General and emergency services, criminal investigation, traffic enforcement, and accident reporting, parking enforcement, and Animal Control Services.

**Hours:** 8:00am –12:00pm, 1:00pm – 5:00pm, Mon-Fri

**Dispatch: (530) 257-2171**

**Business Office: (530) 257-5603**

# Hot Lines

**AMERICAN ASSOCIATION OF POISON CONTROL CENTERS**

**1-800-222-1222**

**CALIFORNIA YOUTH CRISIS LINE**

**1-800-843-5200**

**CRISIS LINE**

**(530) 257-5004**

**Crisis Line:** Lines are answered 24 hours a day, 7 days a week, 365 a year by live, trained staff and volunteers, who provide culturally appropriate crisis intervention, counseling, information, resources, and referrals. In addition, a concerned friend, family member, or neighbor can call to receive information about how to safely offer someone help or direct him or her to resources.

**Hours:** 24 hours per day, 7 days a week.

**LASSEN COUNTY BEHAVIORAL HEALTH DEPARTMENT**

**(530) 251-8108**

555 Hospital Lane  
Susanville, CA 96130

**24 Hour Emergency : 1-888-530-8688**

**Services:** Emergency and Crisis Intervention Team.

**Hours:** 24-Hour Crisis Intervention. Business office open 8:00 am-5:00 pm Mon-Fri

**NATIONAL SUICIDE PREVENTION LIFELINE**

**1-800-273-8255**

**PARTNERSHIP HEALTHPLAN ADVICE NURSE**

**866-778-8873**

## Adoption & Foster Care

### **ADOPTION CHOICES OF NORTHERN CALIFORNIA**

1469 Humboldt Rd, Ste. 200  
Chico, CA 95928

**(530) 891-0302**

**[www.womenshealthspecialists.org](http://www.womenshealthspecialists.org)**

**Services:** Provides adoption facilitation for newborns and toddlers around the state. Adoption Choices of Northern California is sponsored by Women's Health Specialists and is a private, non-profit adoption service which assists birth parents and prospective adoptive parents in a successful adoption experience. Also offers information, counseling, and support to all involved in the adoption process.

### **BETHANY CHRISTIAN** (Will travel to Lassen County)

Main Office  
3048 Hahn Drive  
Modesto, CA 95350

**(209) 522-5121**

**[www.bethany.org](http://www.bethany.org)**

**Services:** Bethany Christian is a global, non-profit organization that provides pregnancy support and counseling for expectant mothers, infant adoption services, international adoption services, and foster care adoption services.

### **CALIFORNIA DEPARTMENT OF SOCIAL SERVICES**

Permanency Branch

**1-(800)-KIDS-4-US**

**[www.dss.cahwnet.gov](http://www.dss.cahwnet.gov)**

**Services:** Provide adoption referrals

### **ENVIRONMENTAL ALTERNATIVES FOSTER FAMILY AGENCY**

**(530) 257-6616**

#### **Susanville Office**

2003 Main Street  
Susanville, CA 96130  
(530) 257-6616

#### **Quincy Office**

455 W. Main Street  
Quincy, CA 95971  
(530) 283-3330

**Services:** Residential services to neglected and delinquent children. Operates small group homes and foster families' agency.

**Eligibility:** Any child who has the possibility of being in a non-secure facility.

### **FAMILY CONNECTIONS CHRISTIAN ADOPTIONS**

1111 Howe Avenue, #660  
Sacramento, CA 95825

**(916) 568-5966**

**Toll-Free Number (844) 722-3678**

**[www.fcadoptions.org](http://www.fcadoptions.org)**

**Services:** Family Connections is a full-service agency that provides adoption services for children in foster care, international adoptions, and adoption services for children whose birth parents make a voluntary adoption plan.

### **FOSTER CARE OMBUDSMAN**

**1-(877) 846-1602**

**[www.fosteryouthhelp.ca.gov](http://www.fosteryouthhelp.ca.gov)**

**Services:** Provide children and youth with information on their rights when placed in foster care. Create an avenue for foster children and youth to file complaints regarding their placement, care and services without fear of retribution from those who provide their care and services.

**MOUNTAIN CIRCLE FAMILY SERVICES**

**Main Office: (530) 257-7407  
www.mountaincircle.org**

**Susanville Office**

30 S. Mesa St.  
Susanville, CA 96130  
**(530)-257-7407**

**Greenville Office**

312 Crescent St.  
Greenville, CA 95947  
**(530)-284-7007**

**Chico Office**

555 East Ave.  
Chico, CA 95926  
**(530)-895-1110**

**Services:** Mountain Circle Family Services is a non-profit organization that provides adoption placements for foster-care children, as well as infants of birth parents who voluntarily make an adoption plan. Services also include counseling services for pregnant mothers, children, couples, families, and adoptive/foster-care families.

**SAFE SURRENDER**

**Banner Lassen Medical**

1800 Spring Ridge Dr.  
Susanville, CA 96130  
530-252-2000

**Lassen County Public Health**

1445 Paul Bunyan Rd.  
Susanville, CA 96130  
530-251-8183

**Susanville Fire Department**

1505 Main St.  
Susanville, CA 96130  
530-257-5152

[www.babysafe.ca.gov](http://www.babysafe.ca.gov)

**Services:** Banner Lassen Medical Center, Lassen County Public Health, and the Susanville Fire Department are all safe surrender sites. Safe surrender, under the Safe Haven Law, is a program designed to save the lives of newborn infants at risk of abandonment by encouraging parents with lawful custody to safely surrender the infant within 72 hours of birth, with no questions asked. There is an option, don't abandon your baby. For other Safe Surrender sites, call 1-877-222-9723.

## AIDS/HIV

### **CALIFORNIA AIDS HOTLINE**

**Services:** Information and referrals regarding AIDS.

**Hours:** 9:00am - 5:00pm, Mon-Fri

**1-800-FOR-AIDS**

**[www.aidshotline.org](http://www.aidshotline.org)**

### **CENTER FOR DISEASE CONTROL AND PREVENTION**

**Services:** Call for a resource guide, support, education and prevention.

**Hours:** 8:00am - 5:00pm, Mon - Fri.

**1-800-CD-INFO (232-4636)**

**TTY: 1-888-232-6348**

**[www.cdc.gov/hiv/](http://www.cdc.gov/hiv/)**

### **LASSEN COUNTY PUBLIC HEALTH DEPARTMENT**

1445 Paul Bunyan Rd.

Susanville, CA 96130

**Services:** Provide HIV testing, and HIV education.

**Hours:** 8:00am - 5:00pm, Mon-Fri, call for an appointment

**(530)-251-8183**

### **RYAN WHITE SERVICES / HIV/AIDS**

1445 Paul Bunyan Rd.

Susanville, CA 96130

Office of Mountain Counties AIDS Consortium

**Services:** Weekly case management, educational information, support counseling, benefits counseling, resource referrals, Ryan White Program case management. Funds and support available to assist HIV/AIDS patients with medical and other costs and/or assistance with obtaining disability benefits in addition to legal assistance referrals.

**Eligibility:** Desire information concerning the HIV virus or AIDS disease.

**Hours:** 8:00am - 5:00pm, Mon - Fri. Call for an appointment

**(530) 251-2618**

# Alternative Medicine

## ACUPUNCTURE

### JIM CROSS

**(530) 283-9798**

610 Edwards Ave.  
Quincy, CA 95971

**Services:** Naturopathic doctor. Food and environmental allergies. Also, nutritional, weight-loss and smoking consultation. Acupuncture, and chronic disease family health.

## KINESIOLOGY

### JON E. OLSON

**(530) 310-4277**

805 Main St. Ste B  
Susanville, CA 96130

**Services:** A holistic way to find muscular imbalances & neurological faults while enhancing your health, mind, body and spirit.

## MASSAGE THERAPY

### PAM SWARTZ

**(530) 257-8888**

By appointment only.

### TRIPP THERAPEUTIC MASSAGE

**(530) 209-9531**

55 N Union Street  
Susanville, CA 96130

### UPTOWN MASSAGE

**(530) 310-3394**

200 North Roop Street  
Susanville, CA 96130  
By appointment only.

## Animal Health & Services

### LASSEN COUNTY ANIMAL SHELTER

(530) 257-9200

472-000 Johnstonville Road North  
Susanville, CA 96130

**Services:** We emphasize public awareness through education of the proper care and control of all animals, and the Enforcement of the Animal Laws, within the State of California, and the County Ordinances here in Lassen County

**Hours:** 9:00am - 3:00pm, Mon - Fri, 10:00am – 2:00pm, Sat. Closed Sundays and County holidays. For after-hours help call the County Animal Control Officer at (530) 257- 0488, the City Animal Control Officer at (530) 257-5605, the Lassen County Sheriff's Department at (530) 257-6121, or the Susanville Police Department at (530) 257-2171.

**Donations:** We now have a separate trust account for Animal Shelter use only. This money is used for the animals and animal related items only. We buy puppy vaccinations; treat un-adoptable animals to make them adoptable, and various other animal related needs. A donation may be made by coming to the Animal Shelter in person or by sending a check or money order, made payable to Animal Shelter Trust/Donation to Lassen County Animal Shelter, 707 Nevada Street, Susanville, CA 96130. Please mark all donations clearly as such. We also have a wish-list that includes towels and blankets (desperately needed), canned and dry dog and puppy food, a rodent-proof storage unit 10' x 10 ' or larger (a truck box would be great!), dog beds, dog toys, and rawhide chews.

### LASSEN HUMANE SOCIETY

(530) 257-4555

P.O. Box 1575  
Susanville, CA 96130

**Service:** Since 2004, Lassen Humane Society has assisted Lassen County residents with the cost of spaying or neutering, and provides assistance in rehoming pets.

### VETERINARY SERVICES

#### BOYD A. TAYLOR, DVM

(530) 257-9310

45 N. Weatherlow  
Susanville, CA 96130

**Hours:** 9:30am – 11:00am, Mon-Fri

#### LASSEN VETERINARY HOSPITAL Bob Nelson, DVM

(530) 257-6311

472-380 Theater Road  
Susanville, CA 96130

**Hours:** 8:00am – 12:00pm, 2:00pm – 5:30pm, Mon-Fri

#### THOMPSON PEAK VETERINARY SERVICE Kasey Nash, DVM

(530) 253-3190

464-770 Trinity Way or P.O. Box 785  
Janesville, CA 96114

**Hours:** 8:00am – 5:00pm, Mon-Fri

# Behavioral Health

## LASSEN COUNTY BEHAVIORAL HEALTH

555 Hospital Lane  
Susanville, CA 96130

(530) 251-8108

**Crisis Line: 1-(888) 530-8688**

**Services:** Provide prompt evaluation and care of persons with acute disabling symptoms, especially those considered to be dangerous to self or others; provide continuity of care and treatment for persons disabled as a result of a mental disorder who need assistance in using available mental health or other community resources; provide programs in the community which enhance the ability of the general population to cope with stressful life situations and prevent the onset of mental disorder. The behavioral health department also offers wellness groups and provides therapy, case management, rehabilitation, psychiatric, and Substance Use Disorders (SUD) services.

**Hours:** 24 hour crisis line, business office 8:00am – 5:00pm, Mon-Fri

## FAR NORTHERN REGIONAL CENTER

### Susanville Office

170 H Russell Ave., Suite H  
Susanville, CA 96130

(530) 257-5317

**Fax: (530) 257-5526**

### Main Office

PO Box 492418  
Redding, CA 96049-2418

(530) 222-4791

<https://www.farnorthernrc.org>

**Services:** Far Northern Regional Center provides the following services and supports to eligible individuals and their families:

**Case Management Services:** A Service Coordinator is assigned to each eligible individual to provide information, support and referral in order to assure that appropriate services are obtained. An Individual Program Plan (IPP) or Individualized Family Service Plan (IFSP) is developed and reviewed on a periodic basis.

**Diagnosis and Evaluations:** Developmental, hearing, medical, speech, vision, nursing, and nutritional evaluations may be provided to establish whether a person has or, in the case of an infant, is at risk for a developmental disability. These are completed by regional center staff or coordinated with service providers in the community.

**Health Services:** Nursing, nutrition, and medical consultation services may be provided as necessary. The regional center will fund health services which are not covered by other funding sources, if the service is directly related to the developmental disability. The regional center is also responsible for admission to and discharge from State Developmental Centers (State Hospitals)

**Respite Care:** Respite services may be provided to relieve family members from the demanding responsibility of caring for a person with a developmental disability. Respite care may be provided in the family home or at another location as deemed necessary.

**Developmental Services:** These may include infant development programs, parent education, family training, speech therapy, hearing and vision evaluations, physical and occupational therapy, psychological services, and assistive technology services.

**Legal And Financial Services:** These may include court ordered evaluations, limited conservatorship services, representative payee services for governmental benefits, and the like.

**Eligibility:** Any resident of Butte, Modoc, Siskiyou, Glenn, Plumas, Tehama, Lassen or Trinity Counties with a developmental disability, regardless of age or income; disability must have originated before the age of 18; disability must constitute a substantial handicap. Developmental Disabilities include:

intellectual disability, cerebral palsy, epilepsy, autism, and other conditions closely related to intellectual disabilities or requiring similar treatment.

**Charges:** In most cases, there are no costs for services unless families are involved in the Family Cost Participation Program

**LASSEN COUNTY PATIENT ADVOCATE / PARENT ADVOCATE**

**(530) 251-8322**

Part of Lassen County Health and Social Services

1445 Paul Bunyan Rd.

Susanville, CA 96130

**Services:** Provides support and advocacy services to Lassen County Behavioral Health clients.

**Hours:** 8:00am – 5:00pm, Mon-Fri

**LASSEN FAMILY SERVICES**

**(530) 257-4599**

1306 Riverside Drive

Susanville, CA 96130

**Crisis Line (530) 257-5004**

[www.lassenfamilyservices.org](http://www.lassenfamilyservices.org)

**Mission:** Lassen Family Services, Inc. is committed to ending abuse in our community through prevention, healing, advocacy, safety, and education, compassionate intervention, and effective partnerships with local community and social service agencies that will support the victim's journey to empowerment.

**Services:** 24-Hour Crisis Line; Temporary Restraining Orders; emergency shelter and transitional housing; emergency transportation, food, and clothing; hospital & law enforcement accompaniment; crisis counseling and community referral; legal aid/court advocacy; domestic violence and sexual support groups; parenting classes; teen group; out-of-area transportation; prevention programs and presentations.

**Crisis Line:** Lines are answered 24 hours a day, 7 days a week, 365 a year by live, trained staff and volunteers, who provide culturally appropriate crisis intervention, counseling, information, resources, and referrals. In addition, a concerned friend, family member, or neighbor can call to receive information about how to safely offer someone help or direct him or her to resources.

**Hours:** 8:00am-5:00pm, Mon-Fri

**LASSEN LIFE SKILLS & JOB TRAINING**

**(530) 257-7799**

479-340 San Francisco Street

Susanville, CA 96130

**Services:** A community based program that serves adults with developmental disabilities. The major components of the program are integrated work, self-advocacy and community socialization. Offers community access support providing transportation to medical and dental appointments in town and in outlying areas. Offers help budgeting and planning and grocery shopping, and teaches skills that make it possible for people with disabilities to live independently in the community. A family respite program is also available.

**Hours:** 8 AM - 5 PM, Mon - Fri. Family respite Friday evening.

**YOUTH SERVICES**

**(530) 251-8400**

Lassen County Behavioral Health Youth Services

555 Hospital Lane

Susanville, CA 96130

**Services:** Can help keep your family from falling through the cracks with case management services. Can provide individual or family treatment plans. Is child centered and family focused with the needs of the child and family dictating the type of services needed. Coordinates treatment teams with other service providers. Helps keep your child in the home and out of placement.

**Hours:** 8:00am – 5:00pm, Mon-Fri

# Child Abuse & Family Violence

## **LASSEN COUNTY CHILD AND FAMILY SERVICES (CFS)**

**(530) 251-8277**

1445 Paul Bunyan Road  
Susanville, CA 96130

**Toll Free: 1 (877) 251-8277**

Child and Family Services, formally CPS, a division within State and local social services, is at the center of every community's child protection efforts. In most jurisdictions, CFS is the agency mandated by law to conduct an initial assessment or investigation of reports of child abuse and neglect. It also offers services to families and children where maltreatment has occurred or is likely to occur. CFS does not work alone. Many community professionals, including law enforcement officers, health care providers, mental health professionals, educators, legal and court system personnel, and substitute care providers, are involved in efforts to prevent, identify, investigate, and treat child abuse and neglect. In addition, community-based and faith-based organizations, substance abuse treatment facilities, advocates for victims of domestic violence, extended family members, and concerned citizens, among others, also play important roles in supporting families and keeping children safe from harm. Typically, CFS is the lead agency in coordinating the efforts of the various disciplines working to protect children and to educate the community about the problems of child abuse and neglect.

**Services:** Driven by a commitment to protect children and strengthen families, Lassen County Child and Family Services is dedicated to the delivery of compassionate, comprehensive and individualized services. Through collaboration and education, we strive to engage and empower families. Working together; we achieve sustainable, positive changes in our community.

## **COURT APPOINTED SPECIAL ADVOCACY PROGRAM (CASA)**

**(530) 257-4599**

1306 Riverside Dr. / P.O. Box 710  
Susanville, CA 96130

**[www.lassenfamilyservices.org/casa](http://www.lassenfamilyservices.org/casa)**

**What is CASA?** CASA's mission is to provide specially selected and trained community volunteers to advocate for abused and neglected children in Lassen County's juvenile dependency system. The program works in collaboration with key agencies, legal counsel and community resources to ensure that each child's best interests are protected until permanency is achieved. The focus of their advocacy is on; placement, education, mental/medical health, and permanency.

**What does a CASA Volunteer Do?** When a CASA volunteer is appointed to a child's case, he or she is responsible for taking the time to find out as much as possible about that child. CASA volunteers search for information. They review records, interview parents, talk to teachers, neighbors, and - most importantly - support the child.

## **LASSEN FAMILY SERVICES**

**(530) 257-4599**

1306 Riverside Drive  
Susanville, CA 96130

**Crisis Line (530) 257-5004**

**[www.lassenfamilyservices.org](http://www.lassenfamilyservices.org)**

**Mission:** Lassen Family Services, Inc. is committed to ending abuse in our community through prevention, healing, advocacy, safety, and education, compassionate intervention, and effective partnerships with local community and social service agencies that will support the victim's journey to empowerment.

**Services:** 24-Hour Crisis Line, temporary restraining orders, emergency shelter and transitional housing, emergency transportation, food, and clothing, hospital & law enforcement accompaniment, crisis counseling and community referral, legal aid/court advocacy, domestic violence and sexual support

groups, parenting classes, teen group, out-of-area transportation, prevention programs and presentations.

**Crisis Line:** Lines are answered 24 hours a day, 7 days a week, 365 a year by live, trained staff and volunteers, who provide culturally appropriate crisis intervention, counseling, information, resources, and referrals. In addition, a concerned friend, family member, or neighbor can call to receive information about how to safely offer someone help or direct him or her to resources.

**Hours:** 8:00am-5:00pm, Mon-Fri

**MODOC CRISIS CENTER / T.E.A.C.H.**

112 East 2nd Street

Alturas, CA 96101

**(530) 233-3111**

**Crisis (530) 233-4575**

**Toll Free 1-(855)-855-6745**

**[www.teachinc.org](http://www.teachinc.org)**

**Services:** 24 hour crisis hotline, emergency shelter, emergency transportation, individual and group counseling for women and children victims of domestic violence or sexual assault, advocacy, accompaniment to court and referral services, emergency food and clothing, household establishment, rape prevention and community education presentations.

**Shelter Capacity:** 13 (plus 1 crib)

**Charges:** None

## Child Care & Preschools

**COOPERATIVE AGENCIES RESOURCES FOR EDUCATION**

**(530) 257-6181 ext. 8953**

478-200 Hwy 139  
Susanville, CA 96130

**www.lassencollege.edu**

LCC Student Services Building (VT 119)

**Services:** CARE is a state funded program with the purpose of assisting single parents who receive cash aid. The program provides financial, educational, and emotional assistance and support with the aim of keeping single parent students in school by helping remove obstacles that hinder their success. CARE students receive assistance with child care expenses, book grants, uniforms relating to major, \$100 with minor automobile repair, awards and scholarships, and gas vouchers.

**Eligibility:** To qualify for CARE students must be participants of EOPS, at least 18 years old, single, and “head of household” as determined by welfare department, have a child under the age of 14, be enrolled in at least 12 units, and be currently receiving cash-aid or have a child receiving cash-aid.

**Hours:** 8:30am – 4:30pm, Mon-Fri

**SIERRA CASCADE FAMILY OPPORTUNITIES: HEAD START**

**(530) 283-1242**

<b>MAIN OFFICE</b> 424 N. Mill Creek R. Quincy, CA 95971 <b>(530) 283-1242</b>	<b>Lassen Early Head Start Center</b> 1400 Chestnut Street “C” Susanville, CA 96130 <b>(530) 251-4050</b>	<b>Quincy</b> 204 Fairgrounds Rd. Quincy, CA 95971 <b>(530) 283-0592</b>
<b>Alturas</b> 802 N. East, Suite C Alturas, CA 96130 <b>(530) 233-1242</b>	<b>Union Street Head Start Center</b> 65 N. Union Street Susanville, CA 96130 <b>(530) 257-8220</b>	<b>Portola</b> 895 West Street, Building #25 Portola, CA 96122 <b>(530) 832-1029</b>
<b>Susanville Center</b> 195 Russell Ave. Susanville, CA 96130 <b>(530) 257-2343</b>	<b>Leavitt Lake Head Start Center</b> 710-400 Willow Susanville, CA 96130 <b>(530) 257-7530</b>	<b>Chester</b> 158 Aspen, Room 20 Chester, CA 96020 <b>(530) 258-3194</b>

[headstart4u.org](http://headstart4u.org)

Early Childhood Education with strong support to families.

Preschool Centers

**Services:**

**Head Start-** Children receive individualized services in the areas of education, health and nutrition. Every child is evaluated for their own personal and family strengths and needs. In our centers, children receive a nutritious breakfast and lunch as well as a healthy snack. Children are encouraged to explore and grow as they adjust to structured learning environments that encourage social, emotional, and cognitive development.

**Early Head Start-** A program specifically for prenatal mothers, infants, and toddlers. EHS offers a variety of services in both the center based and home based models. Prenatal mothers receive individualized support and assistance to prepare for the arrival of their new baby. EHS centers offer nutritious meals and snacks as well as an opportunity for infants and toddlers to explore the environments around them and build social, emotional and cognitive skills.

**Home Based-** Home based services offer the freedom of learning in the child's natural environment. Staff work with families weekly to enhance learning opportunities in the home. Twice monthly socialization experiences are offered where the child is able to interact with other children.

**Charges:** Free to enrolled children.

**Eligibility:** All families with children age 0 through 4 years can apply. Priority is given to families who are low income and to children with special needs; however, we do enroll up to 10% over income families.

### **JUST KIDDING AROUND**

**(530) 257-0303**

655 Ash Street  
Susanville, CA 96130

**Services:** Just Kidding Around is an all-day preschool that offers a semi-structured educational program and social interaction. They are on a food program so children who attend are fed breakfast, lunch, and a snack, and accept children ages 2 to 6.

**Cost:** \$3.75 per hour, \$4.25 per hour if not potty trained. Just Kidding Around offers a subsidized payment program as well to help lower income families.

**Hours:** 5:00am -6:00pm

### **LASSEN CHILD & FAMILY RESOURCES**

**(530) 257-9781**

**[www.lassencfr.com](http://www.lassencfr.com)**

472-013 Johnstonville Rd.  
Susanville, CA 96130

**Services:** Lassen Child and Family Resource offers a variety of information and resources to meet needs of children, parents, child care providers, agency personnel and the general public. Programs include Child Care Resource and Referral, and subsidized child care services.

**Child Care Referrals:** Provide brochures and information on parent and child issues, and referrals to licensed Child Care Centers and Family Child Care Homes.

**Licensing Assistance:** Staff will provide information on licensing requirements, assistance in completion of the application and provision of resources in the administration and daily operation of a licensed Family Child Care Home and Child Care Center.

**Car Seats:** Convertibles for infants 5 pounds to 30 pounds or High Back Boosters for 20 pounds to 50 pounds are available for a six-month loan for a deposit of \$15.00 or purchase of \$45.00.

**Lending Library:** The resource lending library consists of toys, books, VHS, DVD, and games available to parents, providers, and the general public. Items may be borrowed for a two-week period at no cost. The library is open Monday through Friday.

**Trainings:** CPR and First Aid trainings are available several times a year. Trainings for Licensed Family Child Care Homes are also available on various aspects of caring for children.

**Subsidized Child Care Programs:** Subsidized child care for income-eligible families is available through Cal WORKS and other programs. There are several ways to qualify if you are working, going to school, or in a training program. A State Preschool program for 3 and 4 year olds is also available to qualifying families in Susanville and Westwood.

**Hours:** 8:00am – 4:30pm, Mon-Fri

### **LASSEN COMMUNITY COLLEGE CHILD DEVELOPMENT CENTER**

**(530) 251-8843**

478-200 Hwy 139  
Susanville, CA 96130

**Services:** Provides quality child care services, including a developmentally appropriate preschool program designed to give your child the foundation needed to succeed in school and in life. The center has a qualified staff, a state of the art facility, and a children's program developed around the highest standards of research-based evaluation. A free nutritional meal program is also provided.

**Eligibility:** The Child Development Center is licensed for children 7 weeks to 5 years of age. Students and community members are welcome. The center primarily accepts low-income families into low or no fee programs. Full fee care is also available.

**LEAP AHEAD LEARNING CENTER**

**(530) 252-6100**

1200 Paiute Lane  
Susanville, CA 96130

**Services:** Leap Ahead offers all day child care, as well as an academic pre-school curriculum for children 2 to 5 years of age. Snacks are provided to enrolled children.

**Cost:** Cost is dependent on number of days of enrollment. 2 days a week is \$145.00 a month. All-day care (5 days a week) is \$620.00 a month.

**Hours:** Child care is available from 5:00am-6:00pm, and the pre-school program is from 8:30am-12:30pm.

**LITTLE LIGHT HOUSE CHILDREN'S CENTER**

**(530) 252-1674**

1155 North Street  
Susanville, CA 96130

**Services:** Faith based preschool, pre-k program for children ages 2 to 5. The program is offered September through May. Snacks are provided. If interested in this program, feel free to leave a message at the above number or text (530) 249-2588.

**Cost:** \$3.00 per hr, or \$3.50 per hr if not potty trained.

**Hours:** 8:45am-12:15pm, Tuesday and Thursday, and 8:45am -11:15am Wednesday and Friday

**RAINBOW LEARNING CENTER**

**(530) 257-9781**

McKinley Elementary School  
2005 Fourth Street  
Susanville, CA 96130

**Services:** Pre-school program that emphasizes kindergarten readiness and social interaction for children ages 3 to 5. The learning center provides free breakfast and lunch.

**Cost:** Income eligible.

**Hours:** 8:30am-12:00pm

**SUNSHINE PRESCHOOL**

**(530) 251-5576**

635 Cottage Street  
Susanville, CA 96130

**Services:** Pre-school center and afternoon child care center for children ages 2 to 5 years. Children must be potty trained. Snacks are included.

**Cost:** Varies. Monthly rates depending on attendance.

**Hours:** 7:30-5:15pm

**WESTWOOD STATE PRESCHOOL**

**(530) 256-2832**

210 3<sup>rd</sup> and Birch  
Westwood, CA 96137

**Services:** Pre-school program that emphasizes kindergarten readiness and social interaction for children ages 3 to 5. The learning center provides free breakfast and lunch.

**Cost:** Income eligible.

**Hours:** 8:30am- 12:00pm

# Churches

**BIBLE BAPTIST CHURCH**

**(530) 260-8205**

742-580 Mountainview Dr.  
Herlong, CA 96113

**CALVARY CHAPEL OF SUSANVILLE**

**(530) 257-4833**

**[www.ccsusanville.com](http://www.ccsusanville.com)**

450 Richmond Road  
Susanville, CA 96130

**CALVARY CHAPEL OF WESTWOOD**

**(530) 256-3309**

Third and Birch in the Community Center  
315 Ash St.  
P.O. Box 1386  
Westwood, CA 96137

**CHESTER BAPTIST CHURCH**

**(530) 258-2394**

210 Myrtle Street  
Chester, CA 96020

**CHESTER WESLEYAN CHURCH**

**(530) 258-2359**

Frost Avenue and Gay  
Chester, CA 96020

**CHURCH OF CHRIST**

**(530) 257-5433**

**[www.susanvillechurchofchrist.org](http://www.susanvillechurchofchrist.org)**

205 N. Fairfield  
Susanville, CA 96130

**THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS**

**[www.mormon.org](http://www.mormon.org)**

Susanville First Ward  
905 Richmond Road  
Susanville, CA 96130  
**(530) 257-6369**

Susanville Second Ward  
905 Richmond Road  
Susanville, CA 96130  
**(530) 257-4411**

Mountain Valley Ward  
718-045 Hwy. 395  
Standish, CA 96128  
**(530) 254-6990**

Clear Creek Ward  
3384 Hwy 147  
Clear Creek, CA 96137  
**(530) 256-2441**

**CHURCH OF THE NAZARENE**

**(530) 257-5195**

**[www.suznaz.org](http://www.suznaz.org)**

1825 Spring Ridge Road  
Susanville, CA 96130

**COMMUNITY UNITED METHODIST CHURCH**

**(530) 258-2345**

386 Main Street  
Chester, CA 96020

**COMMUNITY EVANGELICAL FREE CHURCH**

**(530) 257-2924**

**Church Location**

**[www.cefchurch.com](http://www.cefchurch.com)**

1400 Numa Road  
Susanville, CA 96130

**Office Location**

110 N. Gay Street  
Susanville, CA 96130

**CROSSROADS MINISTRIES**

**(530) 251-0701**

2410 Main Street  
Susanville, CA 96130

**DOYLE CHRISTIAN CHURCH**

**(530) 827-2430**

Main Street  
Doyle, CA 96109

**EAGLE LAKE COMMUNITY CHURCH**

**(530) 825-3371**

687-905 Lakeview Drive  
Eagle Lake - Spaulding  
Susanville, CA 96130

**FIRST BAPTIST CHURCH**

**(530) 827-2059**

P.O. Box 1076  
Herlong, CA 96113

**FIRST SOUTHERN BAPTIST CHURCH**

**(530) 257-4767**

1545 Cornell Street  
Susanville, CA 96130

**GOOD SHEPHERD EPISCOPAL CHURCH**

**(530) 257-6002**

1155 North Street  
Susanville, CA 96130

**GOSPEL TABERNACLE**

**(530) 257-3136**

4th and Ash  
Susanville, CA 96130

**HERLONG ASSEMBLY OF GOD**

**(530) 827-2465**

Herlong Access Rd.  
Herlong, CA 96113

**HIGHLAND BAPTIST CHURCH**

**(530) 257-5225**

801 Cottage Street  
Susanville, CA 96130

<b><u>HONEY LAKE VALLEY ASSEMBLY OF GOD</u></b>	<b>(530) 253-3222</b>
464-905 Standish-Buntingville Rd. (A-3 between Sears and Sunnyside Rd.) Janesville, CA 96114	
<b><u>JANESVILLE CHRISTIAN FELLOWSHIP</u></b>	<b>(530) 253-3181</b>
464-615 Main Street Janesville, CA 96114	
<b><u>JANESVILLE SOUTHERN BAPTIST CHURCH</u></b>	<b>(530) 253-3080</b>
The Log Cabin Church 456-012 Main Street Janesville, CA 96114	
<b><u>JEHOVAH'S WITNESSES</u></b>	<b>(530) 257-2984</b>
2404 Bunyan Road Susanville, CA 96130	
<b><u>LASSEN MISSIONARY BAPTIST CHURCH</u></b>	<b>(530) 250-4903</b>
150 S. Lassen Susanville, CA 96130	
<b><u>LIVING HOPE ASSEMBLY OF GOD</u></b>	<b>(530) 827-2465</b>
425 Cross Street Susanville, CA 96020	
<b><u>MOUNTAINSIDE CHURCH</u></b>	<b>(530) 257-3452</b>
705 Hall Street Susanville, CA 96130	
<b><u>OUR SAVIOR LUTHERAN CHURCH</u></b>	<b>530) 258-2347</b>
161 Aspen Street Chester, CA 96020	
<b><u>SACRED HEART CATHOLIC CHURCH</u></b>	<b>(530) 257-3230</b>
120 N. Union Street Susanville, CA 96130	
<b><u>SAINT PAUL'S LUTHERAN CHURCH</u></b>	<b>(530) 257-2223</b>
105 Ash Street Susanville, CA 96130	
<b><u>SEVENTH-DAY ADVENTIST CHURCH</u></b>	<b>(530) 257-2283</b>
3035 Johnstonville Road Susanville, CA 96130	
<b><u>STANDISH BIBLE CHURCH</u></b>	<b>(530) 254-6688</b>
718-950 Plumas Avenue Standish, CA 96128	

**SUSANVILLE ASSEMBLY OF GOD**

473-465 Richmond Road  
Susanville, CA 96130

**(530) 257-5000**

**SUSANVILLE CHRISTIAN FELLOWSHIP**

705 Hall Street  
Susanville, CA 96130

**(530) 257-3452**

**SUSANVILLE CHURCH OF CHRIST**

205 North Fairfield  
Susanville, CA 96130

**(530) 257-5433**

**UNITED METHODIST CHURCH**

70 S. Lassen  
Susanville, CA 96130

**(530) 257-5893**

**VALLEY CHRISTIAN CENTER**

1401 Riverside Drive  
Susanville, CA 96130

**(530) 257-2210**

**WESTWOOD ASSEMBLY OF GOD**

624 Ash Street  
Westwood, CA 96137

**(530) 256-3405**

# Clothing Resources

## **CROSSROADS MINISTRIES**

**(530) 251-0701**

2410 Main Street  
Susanville, CA 96130

### **Services:**

- Shelter/ Housing
- (3 Men Homes, 1 Women Home)
- Daily Meals
- Emergency Food Boxes
- Utility Help
- Monthly Food Boxes
- Case Management
- Parenting Classes
- Crossroads Outreach Services
- Bible Study
- Ministry Services at the Jail

### **Hours:**

7:00am Breakfast, Mon-Fri  
12:00pm Lunch, Mon-Fri  
6:00pm Dinner, Sat only  
9:00am-3:00pm Office hours

## **CR STUFF THRIFT STORE**

**(530) 257-3065**

372 Alexander Ave.  
Susanville, CA 96130

**Services:** Provides assistance with immediate needs of disaster victims and the deserving public. 28 years of experience. "We make a difference by what we get -- but we make a life by what we give."

**Hours:** 10:00 am-4:00 pm Thurs-Sat

## **LASSEN FAMILY SERVICES**

**(530) 257-4599**

1306 Riverside Drive  
Susanville, CA 96130

**Crisis Line (530) 257-5004**

[www.lassenfamilyservices.org](http://www.lassenfamilyservices.org)

**Mission:** Lassen Family Services, Inc. is committed to ending abuse in our community through prevention, healing, advocacy, safety, and education, compassionate intervention, and effective partnerships with local community and social service agencies that will support the victim's journey to empowerment.

**Services:** 24-Hour Crisis Line, Temporary Restraining Orders, emergency shelter and transitional housing, emergency transportation, food, and clothing; hospital & law enforcement accompaniment, crisis counseling and community referral, legal aid/court advocacy, domestic violence and sexual support groups, parenting classes, teen group, out-of-area transportation, prevention programs and presentations.

**Crisis Line:** Lines are answered 24 hours a day, 7 days a week, 365 a year by live, trained staff and volunteers, who provide culturally appropriate crisis intervention, counseling, information, resources, and referrals. In addition, a concerned friend, family member, or neighbor can call to receive information about how to safely offer someone help or direct him or her to resources.

**Hours:** 8:00am-5:00pm, Mon-Fri

## **M.A.M.A.'S CRISIS PREGNANCY CENTER**

**(530) 257-6667**

472 Richmond Rd.  
Susanville, CA 96130

**Services:** Crisis pregnancy counseling and post-abortion counseling. Free pregnancy testing. Educational lending library, videos and books. Baby and maternity items free of charge.

**Hours:** 24 hour on call crisis line **Thrift Store:** 10:00 am – 3:00 pm, Tues - Fri

**NU-2-U THRIFT STORE**

**(530) 257-8002**

732 Main Street

Susanville, CA 96130

**Services:** Nu 2 U offers the community of Susanville a quality store with great clothing and other goods such as kitchen utensils, infant products, books/videos, quality furniture and appliances. Donations are always welcomed.

## Clubs, Organizations, & Associations

For further information visit the Lassen County Chamber of Commerce

75 N. Weatherlow Street, Susanville, CA 96130

(530) 257-4323

[www.lassencountychamber.com](http://www.lassencountychamber.com)

### **ANYTIME FITNESS**

**(530) 257-7770**

2635 Main Street  
Susanville, CA 96130

**Services:** Get to a healthier place at Anytime Fitness. Professional staff is trained to help you along your fitness journey. Membership includes a free, no-pressure fitness consultation, global access to more than 3,000 gyms, and is always open 24/7. Offer training and coaching services as well as group classes.

**Hours:** 24/7 access.

### **BEST OF BROADWAY**

**(530) 257-7254**

For performance dates and information, go to [www.susanvillebestofbroadway.org](http://www.susanvillebestofbroadway.org).

### **BIG VALLEY COMMUNITY ALLIANCE**

**(530) 294-5700**

P.O. Box 40  
Bieber, CA 96009

[bvfrfc@frontiernet.net](mailto:bvfrfc@frontiernet.net)

### **BIG VALLEY GARDEN CLUB**

**(530) 299-3134**

P.O. Box 154  
Adin, CA 96006

### **BIG VALLEY LIONS CLUB**

**(530) 294-5787**

P.O. Box 555  
Bieber, CA 96009

[flogo73@yahoo.com](mailto:flogo73@yahoo.com)

### **CALIFORNIA NATIONAL GUARD ARMORY**

**(530) 257-4628**

205 Russell Avenue  
Susanville, CA 96130

### **CENTERWHEELERS**

**(530) 310-1858**

470-490 Wingfield Road  
Susanville, CA 96130

Services: Square and round dance club.

**DIAMOND MOUNTAIN CLUBS**

**(530) 252-1100**

900 Skyline Road  
Susanville, CA 96130

[www.diamondmountaincasino.com](http://www.diamondmountaincasino.com)

Services: Zumba Fitness, Game Nights, Poker, Pool, BAD Bingo, Pub Trivia, Bridge, Cribbage, and Senior Day Getaway.

**DIAMOND MOUNTAIN GOLF CLUB**

**(530) 257-2520**

470-895 Circle Drive  
Susanville, CA 96130

Services: 18-hole, par 71, public course. Open daily 7 AM during season. Lessons available. Discounts for juniors.

**DUCKS UNLIMITED**

**(530) 257-4524**

P.O. Box 262  
Susanville, CA 96130

**EXPERIMENTAL AIRCRAFT ASSOCIATION**

**(530) 257-2030**

Chapter 794  
471-920 Johnstonville Road  
Susanville, CA 96130

**FORT SAGE-LONG VALLEY COMMUNITY PROGRAM**

**(530) 827-4168**

P.O. Box 166  
Doyle, CA 96109

**HIGH SIERRA DET. MARINE CORPS LEAGUE**

**(530) 257-8006**

1205 Main Street  
Susanville, CA 96130

**(530) 375-7614**

**HISTORIC UPTOWN SUSANVILLE ASSOCIATION**

[www.historicsusanville.org](http://www.historicsusanville.org)

P.O. Box 1826  
Susanville, CA 96130

**HONEY LAKE VALLEY RIDERS**

[hlvr@honeylakevalleyriders.org](mailto:hlvr@honeylakevalleyriders.org)

**P.O. Box 341**

[www.honeylakevalleyriders.org](http://www.honeylakevalleyriders.org)

Janesville, CA 96114

**JANESVILLE JOLLY ELDERS**

**(530) 254-6516**

P.O. Box 672  
Janesville, CA 96114

**KNIGHTS OF COLUMBUS**

**(530) 257-6587**

701-055 Richmond Rd.  
Susanville, CA 96130

**LASSEN ADULT SLOW PITCH SOFTBALL**

**(530) 310-4131**

1495 Riverside Drive  
Susanville, CA 96130

**LASSEN AMATEUR RADIO CLUB**

P.O. Box 270011  
Susanville, CA 96127

**(530) 253-3471**  
[www.qsl.net/k6lrc](http://www.qsl.net/k6lrc)

**LASSEN COUNTY ARTS COUNCIL**

807 Cottage St  
Susanville, CA 96130

**(530) 257-5222**  
[www.lassencountyartscouncil.org](http://www.lassencountyartscouncil.org)

Services: Lassen County Arts Council offers the community a variety of services and programs including concerts, gallery exhibits, art classes and workshops. They provide opportunities for artists to meet, exchange ideas, perform, sell their artwork, and promote their talent.

**LASSEN COUNTY CATTLEMEN**

P.O. Box 811  
Susanville, CA 96130

**LASSEN COUNTY CATTLEWOMEN**

P.O. Box 1469  
Susanville, CA 96130

**(530) 253-7804**

**LASSEN COUNTY FARM BUREAU**

P.O. Box 569  
713 Cottage Street  
Susanville, CA 96130

**(530) 257-7242**  
[www.cfbf.com](http://www.cfbf.com)

**LASSEN COUNTY HISTORICAL SOCIETY**

P.O. Box 321  
115 N. Weatherlow Street  
Susanville, CA 96130

**(530) 257-3292**

**LASSEN COUNTY SEARCH AND RESCUE**

P.O. Box 171  
Susanville, CA 96130

**(530) 260-1222**

**LASSEN COUNTY SHERIFF'S POSSE**

P.O. Box 673  
Susanville, CA 96130

**(530) 310-5646**  
[www.lassencosheriffsposse.com](http://www.lassencosheriffsposse.com)

**LASSEN COUNTY SPECIAL OLYMPICS**

Lassen County Special Athletes & Activities Club  
P.O. Box 236  
Susanville, CA 96130

**(530) 257-6181**  
[www.sonc.org](http://www.sonc.org)

**LASSEN HIGH ALUMNI ASSOCIATION**

P.O. Box 471  
Susanville, CA 96130

**(530) 257-5134**

**MILFORD COMMUNITY ASSOCIATION**

P.O. Box 83  
Milford, CA 96121

**(530) 253-3469**  
milford67@frontiernet.net

**MONTICOLA CLUB**

P.O. Box 392  
140 South Lassen Street  
Susanville, CA 96130  
Services: To rent building call Mt. Lassen Properties at (530) 257-8087.

**(530) 257-4945**

**NORTH VALLEY SERVICES**

1550 Main Street  
Susanville, CA 96130

**(530) 257-3217**  
www.northvalleyservices.org

**PATRIOT GUARD RIDERS**

Veterans Memorial Building  
1205 Main Street  
Susanville, CA 96130

**(530) 249-9229**

**PHEASANTS FOREVER**

P.O. Box 358  
Susanville, CA 96130

**(530) 310-1226**

**ROCKY MOUNTAIN ELK FOUNDATION**

**(530) 260-1009**  
[www.rmef.org](http://www.rmef.org)

**ROTARY CLUB OF SUSANVILLE (NOON CLUB)**

P.O. Box 1291  
Susanville, CA 96130.

**(530) 257-6009**  
www.susanvillerotaryclub.org

**ROTARY CLUB OF SUSANVILLE (SUNRISE)**

P.O. Box 1345  
Susanville, CA 96130

**(530) 310-2016**  
www.susanvillerotary.org

**SAGEBRUSH COWHORSE ASSOCIATION**

P.O. Box 270242  
Susanville, CA 96127

**(530) 253-3299**

**SALVATION ARMY**

P.O. Box 1701  
1560 Main Street  
Susanville, CA 96130

**(530) 257-0314**  
www.gosalarmy.org

**SOARING EAGLE BLUE STAR MOMS**

Veterans Memorial Hall  
205 Main Street  
Susanville, CA 96130

**(530) 257-5085**  
[www.soaringeaglebluestarmoms.com](http://www.soaringeaglebluestarmoms.com)

**SOROPTOMIST INTERNATIONAL OF SUSANVILLE**

P.O. Box 442  
Susanville, CA 96130

**(530) 257-4029**

**SUSANVILLE AREA BICYCLE ASSOCIATION**

P.O. Box 1545  
Susanville, CA 96130

**(530) 249-5545**

**SUSANVILLE AVIATION**

471-920 Johnstonville Road  
Susanville, CA 96130

**(530) 257-2030**  
[sve@frontiernet.net](mailto:sve@frontiernet.net)

**SUSANVILLE ELK'S LODGE #1487**

P.O. Box 1299  
400 Main Street  
Susanville, CA 96130

**(530) 257-4810**

**SUSANVILLE STREET RODDERS**

P.O. Box 1346  
Susanville, CA 96130

**(530) 257-3857**  
[resford100@frontiernet.net](mailto:resford100@frontiernet.net)

**SUSANVILLE SYMPHONY SOCIETY**

P.O. Box 2172  
Susanville, CA 96130

**(530) 257-2920**  
[www.susanvillesymphony.com](http://www.susanvillesymphony.com)

**VINTAGE TOYS CAR CLUB**

472-850 Johnstonville Road  
Susanville, CA 96130

**(530) 257-3725**

**WESTWOOD AREA CHAMBER OF COMMERCE**

P.O. Box 1247  
Westwood, CA 96137

**(530) 256-2456**  
[www.westwoodareachamber.com](http://www.westwoodareachamber.com)

## Clubs, Organizations, & Associations for Youth

### **AWANA**

**(530) 257-2924**

1400 Numa Road  
Susanville, CA 96130

**Services:** AWANA is a global, nonprofit ministry with long-term discipleship programs for ages 2 to 18. It gives kids from every background and cultural setting a place to belong, build confidence, and grow in faith.

### **BOY SCOUTS OF AMERICA**

**(775) 787-1111**

500 Double Eagle Court  
Reno, NV 89521

### **GIRL SCOUTS OF THE SIERRA NEVADA**

**(775) 322-0642**

605 Washington Street  
Reno, NV 89503

### **KIWANIS CLUB OF SUSANVILLE**

**(530) 257-9407**

P.O. Box 1025  
Susanville, CA 96130

<http://susanville.kiwanisone.org>

### **LASSEN COUNTY 4-H PROGRAM**

**(530) 251-8285**

707 Nevada Street  
Susanville, CA 96130

**Services:** The 4-H Youth Development Program is an educational youth program conducted by the University of California Cooperative Extension. The purpose of 4-H is to help young people discover and develop their potential and grow into competent, contributing, and caring citizens. Learn by doing activities, youth-adult partnerships, and research-based educational programs help young people enhance their leadership abilities and develop a wide range of other life skills including responsibility, community service, citizenship and critical thinking.

### **LASSEN HIGH SCHOOL SCIENCE BOOSTERS**

[kentheobald74@gmail.com](mailto:kentheobald74@gmail.com)

1740 Main Street  
Susanville, CA 96130

### **LASSEN SUSANVILLE CAMPFIRE TENDERS**

[campfiretenders@yahoo.com](mailto:campfiretenders@yahoo.com)

C/O 1205 Modoc Street  
Susanville, CA 96130

### **LASSEN YOUTH FAST PITCH SOFTBALL**

**(530) 251-1898**

P.O. Box 105  
Susanville, CA 96130

[www.lassenyouthfastpitchsoftball.com](http://www.lassenyouthfastpitchsoftball.com)

**LASSEN YOUTH FOOTBALL & CHEER**

P.O. Box 270354  
Susanville, CA 96130

**(530) 310-1041**

[www.golyfl.com](http://www.golyfl.com)

**LASSEN YOUTH SOCCER**

P.O. Box 1106  
Susanville, CA 96130

**(530) 252-4818**

[www.lassenyouthsoccer.org](http://www.lassenyouthsoccer.org)

**NORTH VALLEY SERVICES**

1550 Main Street  
Susanville, CA 96130

**(530) 257-3217**

[www.northvalleyservices.org](http://www.northvalleyservices.org)

**SIERRA SPORTSMEN CLUB & JUNIOR DIVISION, INC**

P.O. Box 1807  
Susanville, CA 96130

**(530) 257-3402**

[www.sierrasportsmen.com](http://www.sierrasportsmen.com)

**SUSANVILLE LITTLE LEAGUE**

2850 Main Street #12-175  
Susanville, CA 96130

**(530) 310-4481**

[www.eteamz.com/susanville/](http://www.eteamz.com/susanville/)

# Counseling

## **COMPREHENSIVE SEXUAL ABUSE TREATMENT PROGRAM**

**(775) 329-0623**

575 E. Plumb Lane, Suite 100  
Reno, NV 89502

**Services:** Assists families in healing from incest and sexual abuse. Offer trauma, substance abuse, and EMDR treatment.

## **LASSEN COUNTY BEHAVIORAL HEALTH DEPARTMENT**

**(530) 251-8108**

555 Hospital Lane  
Susanville, CA 96130

**24 Hour Emergency : 1-888-530-8688**

**Services:** Adult and children's services assessment, psychological testing, individual therapy, group therapy, case management services, medication support, therapeutic behavior services, rehabilitation services, and adult socialization.

**Hours:** 24-Hour Crisis Intervention. Business office open 8:00 am- 5:00 pm, Mon-Fri

## **LASSEN INDIAN HEALTH CENTER FAMILY SERVICES**

**(530) 257-2542**

795 Joaquin Street  
Susanville, CA 96130

[www.lihc.org](http://www.lihc.org)

**Services:** Individual, group, and family therapy to treat alcohol and drug abuse and mental health disorders for American Indians and non-Indian members of Indian households. Comprehensive youth program for prevention of these problems. Staff includes: mental health therapist, clinical psychologist, substance abuse counselor, and youth counselor.

**Hours:** 8:00am – 12:00pm & 1:00pm – 5:00pm, Mon – Fri.

**Charges:** Contract and direct Indian services, Medi-Cal, Medicare and insurance accepted.

## **LASSEN AURORA NETWORK**

**(530) 257-3864**

815 Cottage Street  
Susanville, CA 96130

**Service:** Lassen Aurora Network is a group of individuals, families, friends and consumers who are interested in volunteering their time to promote emotional and psychological wellness, independence, individuality and balance in their lives and the lives of others.

**Big Valley One Stop, Bieber**

**(530) 297-5700**

**Fort Sage One Stop, Herlong**

**(530) 827-2401**

**Westwood One Stop, Family Resource Center, Westwood**

**(530) 256-3704**

## **M.A.M.A.'S CRISIS PREGNANCY CENTER**

**(530) 257-6667**

472 Richmond Rd.  
Susanville, CA 96130

**Services:** Crisis pregnancy counseling and post-abortion counseling. Free pregnancy testing. Educational lending library, videos and books. Baby and maternity items free of charge.

**Hours:** 24 hour on call crisis line **Thrift Store:** 10:00 am – 3:00 pm, Tues - Fri

## Death & Dying

### **HONEY LAKE HOSPICE**

60 South Lassen St.  
Susanville, CA 96130

**(530) 257-3137**

**honeylakehospice@frontiernet.net**

**Services:** Honey Lake Hospice offers compassionate aid to patients experiencing a life-threatening illness and support to their families, utilizing a multi-disciplinary volunteer approach, so that they may live comfortably, fully, and with dignity in the surroundings of their choice. Respite for the caregiver; emotional, practical, spiritual, and bereavement support for patient and caregivers; provide guidance and resources regarding funerals and health care directives. Good Grief Support Group, third Wednesday of each month (except November) at the Susanville Library, starts at 6:30 pm.

**Charges:** No fees for any hospice service.

**Hours:** Flexible

**Eligibility:** Patient is in the last phase of terminal illness and is under the care of a primary physician. A primary caregiver in the home being located in the Susanville, Janesville, Milford, Herlong, Doyle, or Eagle Lake areas. (Support services can also be provided to patients in health care facilities).

### **SIERRA HOSPICE**

150 Brentwood Dr.  
Chester, CA 96020

**(530) 258-3412**

**<http://www.sierrahospice.com>**

**Services:** A volunteer community-based program that provides coordination of support services for the terminally ill and their families in the Chester/Westwood/Greenville area. Call for more information.

**Charges:** No fees for any hospice service.

### **WALTON'S COLONIAL MORTUARY**

115 S. Lassen  
Susanville, CA 96130

**(530) 257-4414**

**Services:** Full-service funeral home.

## Disability & Special Needs Services

### **CALIFORNIA CHILDREN 'S SERVICES**

**(530) 251-8183**

Lassen County Department of Health & Human Services, Public Health  
1445 Paul Bunyan Road, Suite B  
Susanville, CA 96130

**Services:** The CCS program provides diagnostic and treatment services, medical case management, and physical and occupational therapy services to children under age 21 with CCS-eligible medical conditions..

**Eligibility:** Children covered by Medi-Cal or qualify financially with a CCS eligible condition.

### **CALIFORNIA STATE DEPARTMENT OF REHABILITATION**

**(530) 257-6073**

170 B Russell Avenue  
Susanville, CA 96130

**Services:** Vocational rehabilitation for disabled persons.

**Eligibility:** Anyone with a physical, mental, or learning disability.

**Phone & Office hours:** 8:00 am–12:00 pm & 1:00 pm–5:00 pm, Mon – Fri.

### **CAMP RONALD MCDONALD AT EAGLE LAKE**

**[www.campronald.org](http://www.campronald.org)**

**Year-Round Contact:** 2555 49<sup>th</sup> St. Sacramento, CA 95817

**(916) 734-4230**

**Summer Address:** P.O. Box 172 Susanville, CA 96130

**(530) 825-3158**

**Services:** Provides a resident summer camp for children & adults with disabilities and children who are disadvantaged. Groups include hearing impaired, cerebral palsy, Downs Syndrome, autism, neuromuscular diseases, cancer, physically & sexually abused, etc.

**Charges:** Vary according to group.

### **EASTER SEALS SOCIETY**

**1-800-221-6827**

20 Landing Circle  
Chico, CA 95926

**[www.easter-seals.org](http://www.easter-seals.org)**

**Services:** Assistance to persons with physical and developmental disabilities, camperships, information and referral, advocacy, and loan of durable medical equipment available.

**Eligibility:** Persons with physical disabilities who meet the Society's eligibility criteria and who are not eligible for services elsewhere.

**Hours:** 8:30 am–5:00 pm, Mon – Fri

### **GOLDEN UMBRELLA/Multipurpose Senior Services Program**

Redding, CA **(530) 226-3008**

200 Mercy Oaks Drive  
Redding, CA 96003

Burney **(530) 335-2182**

**Services:** Multipurpose Senior Services Program/Golden Umbrella: These programs provide multi-service referrals, assistance, and counseling to assist seniors and disabled persons to prevent or delay nursing facility placement and remain in their homes, by provides a caring and qualified case manager who will meet with clients and develop a plan that will draw on existing community resources and services. The primary objective is to avoid or delay the inappropriate placement of persons in nursing facilities, while fostering independent living in the community. Services may include adult day care, housing assistance, minor home repairs and maintenance, non-medical home equipment, emergency move, restoration of utility services and temporary lodging. Nursing assessment is a vital part of the MSSP program and eligibility is addressed through screening process and program participation.

**Hours:** 8:00am – 5:00pm, Mon-Fri

**Fees:** None

**Eligibility Requirements:** 65 or older, receiving Medi-Cal and living in service area, and certifiable for placement in nursing facility.

**FAR NORTHERN REGIONAL CENTER**

**(530) 257-5317**

Susanville Office

170 H Russell Ave., Suite H  
Susanville, CA 96130

**Fax: (530) 257-5526**

Main Office

PO Box 492418  
Redding, CA 96049-2418

**(530) 222-4791**

<https://www.farnorthernrc.org>

**Services:** Far Northern Regional Center provides the following services and supports to eligible individuals and their families:

**Case Management Services:** A Service Coordinator is assigned to each eligible individual to provide information, support and referral in order to assure that appropriate services are obtained. An Individual Program Plan (IPP) or Individualized Family Service Plan (IFSP) is developed and reviewed on a periodic basis.

**Diagnosis and Evaluations:** Developmental, hearing, medical, speech, vision, nursing, and nutritional evaluations may be provided to establish whether a person has or, in the case of an infant, is at risk for a developmental disability. These are completed by regional center staff or coordinated with service providers in the community.

**Health Services:** Nursing, nutrition, and medical consultation services may be provided as necessary. The regional center will fund health services which are not covered by other funding sources, if the service is directly related to the developmental disability. The regional center is also responsible for admission to and discharge from State Developmental Centers (State Hospitals)

**Respite Care:** Respite services may be provided to relieve family members from the demanding responsibility of caring for a person with a developmental disability. Respite care may be provided in the family home or at another location as deemed necessary.

**Developmental Services:** These may include infant development programs, parent education, family training, speech therapy, hearing and vision evaluations, physical and occupational therapy, psychological services, and assistive technology services.

**Legal And Financial Services:** These may include court ordered evaluations, limited conservatorship services, representative payee services for governmental benefits, and the like.

**Eligibility:** Any resident of Butte, Modoc, Siskiyou, Glenn, Plumas, Tehama, Lassen or Trinity Counties with a developmental disability, regardless of age or income; disability must have originated before the age of 18; disability must constitute a substantial handicap. Developmental Disabilities include: intellectual disability, cerebral palsy, epilepsy, autism, and other conditions closely related to intellectual disabilities or requiring similar treatment.

**Charges:** In most cases, there are no costs for services unless families are involved in the Family Cost Participation Program.

**INFANT/TODDLER PROGRAM**

**(530) 257-9781**

***Part of Lassen County Office of Education and Child & Family Resources***

**Services:** In-home assessment and training for those handicapped, or at risk of developing a handicapping condition. Any child who seems to be experiencing a delay in development of language, hearing, or motor skills, or in learning, social, or self-help skills may be eligible. Premature birth, low birth weight, or birth traumas are also risk factors to prompt assessment. The program consists of a toddler group two times a week and weekly home visits to enhance developmental skills with parents and infants.

**Eligibility:** To age three, then referral to preschooler program. No income eligibility requirements.

**Charges:** Free

**LASSEN COMMUNITY COLLEGE DISABLED STUDENT SERVICES**

(530) 251-8895

478-200 Hwy. 139  
Susanville, CA 96130

[www.lassencollege.edu](http://www.lassencollege.edu)

**Services:** Special classes and services are offered for Lassen Community College students with verifiable mobility, hearing, speech, brain injury, psychological, and other disabilities. These services assist students in obtaining their educational, vocational, and employment goals. Psycho-educational diagnostic testing is also available for students with possible learning disabilities or acquired brain injuries.

**Hours:** 8:00 am – 4:00 pm, Mon – Fri

**LASSEN COUNTY ADULT SERVICES**

**(530) 251-8158**

P.O. Box 1359 or 720 Richmond Road  
Susanville, CA 96130

**In-Home Supportive Services:** Enables elderly, blind, or disabled adults to remain in their homes with the aid of a care provider or return to homes from out-of-home facilities. Helps with housekeeping tasks and non-medical personal care.

**Eligibility:** determined by Medi-Cal eligibility

**Hours:** 8:00 am–5:00 pm, Mon – Fri.

**LASSEN COUNTY SPECIAL OLYMPICS**

**(530) 257-6181 Ext: 8980**

P.O. Box 236  
Susanville, CA 96130

[cnymam@lassencollege.edu](mailto:cnymam@lassencollege.edu)

<http://sonc.org/sports/county/lassen>

**Services:** Lassen County is proud to offer training and competitions in four sports for Special Olympics athletes. Volunteers enjoy working with the athletes to prepare them for competitions. Lassen County offers a wide range of skill levels so that athletes can train with their peers of equal skill levels. Because of their proximity to Nevada, Lassen athletes compete in Reno.

**LASSEN LIFE SKILLS & JOB TRAINING**

**(530) 257-7799**

475-340 San Francisco Street  
Susanville, CA 96130

**Services:** A community based program that serves adults with developmental disabilities. The major components of the program are integrated work, self-advocacy and community socialization. Offers community access support providing transportation to medical and dental appointments in town and in outlying areas. Offers help budgeting and planning and grocery shopping, and teaches skills that make it possible for people with disabilities to live independently in the community. A family respite program is also available.

**Hours:** 8:00 am-5:00 pm, Mon - Fri.

**MARCH OF DIMES**

**(916) 922-1913**

1755 Creek Side Oaks Dr. Suite 130  
Sacramento, CA 95833

**Fax (916) 922-3258**

[www.modimes.org](http://www.modimes.org)

**Services:** Public and professional education materials. Referrals for genetic defects, prenatal defects, substance abuse defects and birth defects. Resource Center 1-888-663-4637.

**MOUNTAIN CAREGIVER RESOURCE CENTER**

A Program of PASSAGES  
405 South Street, Suite C  
Redding, CA 96001

**Redding: 1-800-995-0878**

**Chico: 530-898-5925**

**[passagescenter.org/caregivers/](http://passagescenter.org/caregivers/)**

**Services:** Provides support services designed to ease the emotional and physical stress associated with caregiving. Services include family consultations and care planning, specialized information, psycho-education seminars, support groups, respite care, counseling, legal consultation, home modifications and assistive devices.

**Eligibility:** family caregivers who are assisting/ caring for an adult with cognitive impairing conditions that occurred after the age of 18 or someone age 60 years or older in need of assistance with daily living activities.

**NORCAL CENTER ON DEAFNESS**

2650 Larkspur Lane, Suite E  
Redding, Ca 96002

**VP (916) 993-3048**

**Voice (916) 349-7500**

**Services:** Communication assistance, advocacy, peer counseling, employment assistance, independent living skills instruction, information and referral. Sign language interpreting.

**Eligibility:** Deaf, hard-of-hearing, late-deafened, deaf-blind, deaf developmentally disabled, family members, general public of Lassen County.

**PASSAGES**

25 Main St.  
Chico, Ca 95929

**(530) 229-0878**

**1-800-995-0878**

**[passages@csuchico.edu](mailto:passages@csuchico.edu)**

**Services:** staff provides information, support, assistance, and community connections to help local caregivers. Offices in Chico, Redding, and Yreka. Provides services to the following counties: Butte, Colusa, Glenn, Lassen, Modoc, Plumas, Shasta, Siskiyou, Tehama, and Trinity.

**R.A.I.N.B.O.W. FAMILY SUPPORT**

336 Alexander Ave.  
Susanville, CA 96130

**(530) 251-2417**

**24 Hour WARMLINE: 1-800-537-TALK**

**Services:** Clearinghouse for resource information, meetings, conferences and workshops dealing with disabilities; Lending library of audio and video tapes, periodicals, books, and toys; Newsletter and activities; Emotional support and mentor parent program to provide parent to parent support; Internet access.

**Eligibility:** For families, care givers, friends, or teachers of children, birth to three years old, with disabilities or at risk.

**Hours:** 8:00 am-4:00 pm Mon-Fri

**SOCIAL SECURITY BENEFITS**

2603 Riverside Drive  
Susanville, CA 96130

**(855) 420-8563**

**Hours:** 9:00am – 3:00pm Mon, Tues, Thurs, Fri, 9:00am – 12:00pm, Wed

## Disaster Services

### **AMERICAN RED CROSS OF NORTHEASTERN CALIFORNIA**

Yuba City Regional Headquarters  
2125 East Onstott Road  
Yuba City, CA 95991

**(530) 673-1460**  
**1-800-RED CROSS**  
**www.arcnec.org**

**Services:** The American Red Cross responds to disasters such as hurricanes, floods, earthquakes, and fires, or other situations that cause human suffering or create human needs that those affected cannot alleviate without assistance. It is an independent, humanitarian, voluntary organization, not a government agency.

**Charges:** All Red Cross assistance is given free of charge, made possible by the generous contribution of people's time, money, and skills.

### **CR STUFF THRIFT STORE**

372 Alexander Ave.  
Susanville, CA 96130

**(530) 257-3065**

**Services:** Provides assistance with immediate needs of disaster victims and the deserving public. 28 years of experience. "We make a difference by what we get -- but we make a life by what we give."

**Hours:** 10:00 am-4:00 pm Thurs-Sat

**FEMA**  
www.fema.gov

**1-800-621-3362**  
**tty 1-800-426-7585**

### **SALVATION ARMY (SUSANVILLE)**

Business Office and Social Services  
1560 Main Street  
Susanville, CA 96130

**(530) 257-0314**

**Services:** Emergency assistance. Food, utilities, rent, transportation, gasoline, and lodging. Yearly programs: Back to school camp and Christmas food and gifts.

**Charges:** Free.

# Education

## **LASSEN COMMUNITY COLLEGE**

478-200 Hwy. 139  
Susanville, CA 96130

**(530) 257-6181**  
**lassencollege.edu**

**Services:** Lassen Community College is an accredited community college serving Lassen County and northeastern California, and provides outstanding programs for all pursuing higher education goals. The core programs offer a wide range of educational opportunities including over 70 transfer degrees and certificates, 11 vocational career programs and 10 collegiate sports, economic and workforce development, and basic skills instruction. The college serves students, both on campus and in outreach areas in its effort to build intellectual growth, human perspective and economic potential.

## **PATHWAYS TO CHILD & FAMILY EXCELLENCE**

2119 Main Street  
Susanville, CA 96130

**Susanville (530) 251-2997**

**Services:** The Lassen County 0 to 5 Home Visiting Program is designed to help residents with children 0 to 5 become more purposeful parents. This program is available to pregnant women and parents, both mothers and fathers who are residents of Lassen County and who have a child between the ages of birth to five years old. By building on strengths the parents already have, this program will cultivate nurturing parent-child relationships and empathetic child guidance. The Parents As Teacher's curriculum (PAT) is designed for pregnant, families and children ages birth to 5 years old. The PAT curriculum is brought to the family's home via a PAT-Parent Educator and Healthy Families America certified Home Visitor. The Home Visiting Program is funded by FIRST-5 Lassen. The Parent Educators are staffed through PATHWAYS. The program utilizes the Parent Educators in order to provide services to families that cater to each family individually and responds to all their needs that may be met by participating County Agencies. ASQ-3 developmental screening & ASQ-SE behavioral screenings for children ages 1 month to 5 and a half years are also provided by PATHWAYS staff members. Supervised Visitation services are provided on site by Certified Visitation Monitors

## **LASSEN COUNTY OFFICE OF EDUCATION**

472-013 Johnstonville Road North  
Susanville, CA 96130

**(530) 257-2196**  
**FAX: (530) 257-2518**  
**lassencoe.org**

**Services:** Credentialing/Personnel, Instructional Media, Child & Family Resources, Community School, Juvenile Court School, school nursing services, Opportunity Programs, psychological services, Special Education, Regional Occupational Programs (R.O.P.), and school business services.

**Programs:** Business/Education Partnerships, Children's Fair, Community Advisory Committee, Primary Prevention Program, Science Fair, Spelling Bee, Sober Graduation, Women's History Month, and Lit Jam

## **LASSEN COUNTY SCHOOL DISTRICTS**

### **Big Valley Joint Unified School District**

400 Bridge St.  
P.O. Box 157  
Bieber, CA 96009

**(530) 294-5266**  
**bigvalleyschool.org**

**Big Valley Elementary School (K-6)**

**(530) 294-5214**

**Big Valley High School (7-12)**

**(530) 294-5231**

### **Fort Sage Unified School District**

100 D.S. Hall St.  
Herlong, CA 96113

**(530) 827-2129**  
**fortsage.org**

<b>Sierra Primary (K-5)</b>	<b>(530) 827-2126</b> <b>(530) 827-2127</b>
<b>Fort Sage Middle School (6-8) and Herlong High School (9-12)</b>	<b>(530) 827-2126</b> <b>(530) 827-2101</b>
<b>MT Lassen Charter School (K-12)</b>	<b>(530) 252-4314</b>
<b><u>Janesville Union School District</u></b> P.O. Box 280 Janesville, CA 96114	<b>(530) 253-3660</b> <a href="http://janevilleschool.org">janevilleschool.org</a>
<b>Janesville School (K-8)</b>	<b>(530) 253-3551</b>
<b><u>Johnstonville Elementary School District</u></b> 704-795 Bangham Lane Susanville, CA 96130	<b>(530) 257-2471</b> <a href="http://johnstonville-ca.schoolloop.com">johnstonville-ca.schoolloop.com</a>
<b><u>Johnstonville Elementary School (K-8)</u></b> 704-795 Bangham Lane Susanville, CA 96130	<b>(530) 257-2471</b>
<b><u>Lassen Community College</u></b> 478-200 CA-139 Susanville, CA 96130	<b>(530) 257-6181</b> <a href="http://lassencollege.edu">lassencollege.edu</a>
<b><u>Lassen Union High School District</u></b> 1110 Main Street Susanville, CA 96130	<b>(530) 257-5134</b> <a href="http://www.lassenhigh.org">www.lassenhigh.org</a>
<b>Adult Education/Diploma Gold</b>	<b>(530) 527-4653</b>
<b>Credence High School (9-12)</b>	<b>(530) 257-5566</b>
<b>Diamond Mountain Charter School (9-12)</b>	<b>(530) 257-4653</b>
<b>Lassen Community Day School (9-12)</b>	<b>(530) 257-2703</b>
<b>Lassen Union High School (9-12)</b>	<b>(530) 257-2141</b>
<b><u>Long Valley Charter School</u></b> 436-965 Susan Drive PO Box 7 Doyle, CA 96109	<b>(530) 827-2395</b> Susanville School <b>(530) 257-7300</b>
<b><u>New Day Academy Charter School (K-12)</u></b> 214 W 1 <sup>st</sup> St. Alturas, CA 96101	<b>(530) 233-3861</b> <a href="http://newdayacademy.net">newdayacademy.net</a>
<b><u>Ravendale-Termo Elementary School District</u></b> 709-855 Termo-Grasshopper Rd. Termo, CA 96132	<b>(530) 251-8938</b>
<b>Juniper Ridge Elementary (K-8)</b>	<b>(530) 257-8200</b>
<b><u>Richmond Elementary School District</u></b> 700-585 Richmond Road East Susanville, Ca 96130	<b>(530) 257-2338</b> <a href="http://richmondelementary.com">richmondelementary.com</a>
<b>Richmond Elementary School (K-8)</b>	

**Shaffer Elementary School District**

**Shaffer Elementary School (K-8)**

722-055 Highway 395 North  
Litchfield, CA 96117

**(530) 254-6577**  
**shafferschool.net**

**Susanville School District**

109 S Gilman St.  
Susanville, CA 96130

**Diamond View School (6-8)**

**McKinley School (K-2)**

**Meadow View School (3-5)**

**(530) 257-8200**

**(530) 257-5144**

**(530) 257-5161**

**(530) 257-3000**

**Westwood Unified School District**

4<sup>th</sup> & Greenwood Streets  
P.O. Box 1225  
Westwood, CA 96137

**(530) 256-2311**  
**westwoodusd.org**

**Fletcher Walker Elementary (K-6)**

**(530) 256-3295**

**Westwood Jr/Sr High School (7-12)**

**(530) 256-3235**

**SEVENTH-DAY ADVENTIST SCHOOL**

455 Cedar Street  
Susanville, CA 96130

**(530) 257-5045**  
**susanvilleadventistchristianschool.com**

**Services:** First grade through eighth grade private Seventh-Day Adventist school. All denominations welcome.

**PRE-SCHOOL INFORMATION**

**SIERRA CASCADE FAMILY OPPORTUNITIES: HEAD START**

**(530) 283-1242**

**MAIN OFFICE**

424 N. Mill Creek Rd.  
Quincy, CA 95971  
**(530) 283-1242**

**Lassen Early Head Start Center**

1400 Chestnut Street "C"  
Susanville, CA 96130  
**(530) 251-4050**

**Quincy**

204 Fairgrounds Rd.  
Quincy, CA 95971  
**(530) 283-0592**

**Alturas**

802 N. East, Suite C  
Alturas, CA 96101  
**(530) 233-4134**

**Union Street Head Start Center**

65 N. Union Street  
Susanville, CA 96130  
**(530) 257-8220**

**Portola**

895 West Street, Building #25  
Portola, CA 96122  
**(530) 832-1029**

**Susanville Center**

195 Russell Ave.  
Susanville, CA 96130  
**(530) 257-2343**

**Leavitt Lake Head Start Center**

710-400 Willow  
Susanville, CA 96130  
**(530)257-7530**

**Chester**

158 Aspen, Room 20  
Chester, CA 96020  
**(530) 258-3194**

[headstart4u.org](http://headstart4u.org)

Early Childhood Education with strong support to families.

Preschool Centers

**Services: Head Start** – Children receive individualized services in the areas of education, health and nutrition. Every child is evaluated for their own personal and family strength and needs. In our centers children receive a nutritious breakfast and lunch as well as a healthy snack. Children are encouraged to explore and grow as they adjust to structured learning environments that encourage social, emotional, and cognitive development.

**Early Head Start** – A program specifically for prenatal mothers, infants and toddlers. EHS offers a variety of services in both the center based and home based models. Prenatal mothers receive individualized support and assistance to prepare for the arrival of their new baby. EHS centers offer nutritious meals and snacks as well as an opportunity for infants and toddlers to explore the environments around them and build social, emotional and cognitive skills.

**Home Based** - services offer the freedom of learning in the child’s natural environment Staff work with families weekly to enhance learning opportunities in the home. Twice monthly socialization experiences are offered where the child is able to interact with other children.

Charges: Free to children enrolled

**Eligibility:** All families with children age 0 through 4 years can apply. Priority is given to families who are low income and to children with special needs; however, we do enroll up to 10% over income families.

**LASSEN CHILD & FAMILY RESOURCES**

**(530) 257-9781**

336 Alexander Avenue  
Susanville, CA 96130

*Contact Lassen Child and Family Resources for a comprehensive list of childcare centers and in Family Childcare Homes.*

**Services:** Lassen Child and Family Resource offers a variety of information and resources to meet needs of children, parents, child care providers, agency personnel and the general public. Programs include Child Care Resource and Referral, and subsidized child care services.

**Child Care Referrals:** Provide brochures and information on parent and child issues, and referrals to licensed Child Care Centers and Family Child Care Homes.

**Licensing Assistance for child care providers:** Staff will provide information on licensing requirements, assistance in completion of the application and provision of resources in the administration and daily operation of a licensed Family Child Care Home and Child Care Center.

**Car Seats:** Convertibles for infants 5 pounds to 30 pounds or High Back Boosters for 20 pounds to 50 pounds are available for a six-month loan for a deposit of \$15.00 or purchase of \$45.00.

**Lending Library:** The resource lending library consists of toys, books, VHS, DVD, and games available to parents, providers, and the general public. Items may be borrowed for a two-week period at no cost. The library is open Monday-Friday.

**Trainings:** CPR and First Aid trainings are available several times a year. Provider trainings for Licensed Family Child Care Homes are also available on various aspects of caring for children.

**Subsidized Child Care Programs:** Subsidized child care for income-eligible families is available through Cal WORKS and other programs. There are several ways to qualify if you are working, going to school, or in a training program. A State Preschool program for 3 and 4 year olds is also available to qualifying families in Susanville and Westwood.

**RAINBOW Family Resource Center:** for families with children 0-3 years of age with high risk of developmental delay or disability

**Hours:** 8:00 am-4:30 pm Drop-ins are welcome anytime. HOWEVER, a parent or guardian who is receiving cash aid can call for information or make an appointment after a referral, Passport to Services, and Welfare to Work Plan have been received from LassenWORKS.

**Charges:** Services are provided at no cost to eligible families

**Eligibility:**

- Subsidized child care program eligibility
  - Stage 1-Current cash-aid recipient with children 0-10 years of age
  - Stage 2-Cash-aid recipient within the last 2 years
  - Stage 3- The family is income eligible and former cash aid recipient in the twenty-fourth (24th) month of eligibility for CalWORKs Stage 1 and/or 2 after leaving CalWORKs cash aid
  - Alternative Payment-Eligibility based on need and income
- Must live and/or work in Lassen County
- All other services provided regardless of income or age of children

**INFANT/TODDLER PROGRAM**

**(530) 257-9781**

***Part of Lassen County Office of Education and Child & Family Resources***

**Services:** In-home assessment and training for those handicapped, or at risk of developing a handicapping condition. Any child who seems to be experiencing a delay in development of language, hearing, or motor skills, or in learning, social, or self-help skills may be eligible. Premature birth, low birth weight, or birth trauma are also risk factors to prompt assessment. The program consists of a toddler group two times a week and weekly home visits for infant to enhance developmental skills with parents and infants.

**Eligibility:** To age three, then referral to preschooler program. No income eligibility requirements.

**Charges:** Free

# Employment Services

## **CALIFORNIA CONSERVATION CORPS**

1719 24<sup>th</sup> St.  
Sacramento, CA 95816

**(916) 341-3100**  
[www.ccc.ca.gov/](http://www.ccc.ca.gov/)

**Services:** The California Conservation Corps or CCC was created in July of 1976. The CCC is a state agency hiring young men and women, 18-25, for a year of natural resource work and emergency response. The young women and men of the Corps work hard protecting and restoring California's environment, responding to disasters, becoming stronger workers, citizens and individuals through their service.

## **FORT SAGE FAMILY RESOURCE CENTER**

170 D.S. Hall Road  
Herlong, CA 96113

**(530) 827-3007**

*See Page 52 Under: Family Resource Agencies*

## **LASSEN BUSINESS and CAREER NETWORK**

1616 Chestnut Street  
Susanville, CA 96130

**(530) 257-5057**  
[www.afwd.org](http://www.afwd.org)

### **Job Seeker Services:**

Job search assistance, computer lab, keyboarding assessment, career assessment and guidance, resource library, youth program with job placement, free job related telephone and fax and copying service, job search informational seminars, small business counseling, Cal-Jobs.

**Employer Services:** Business assistance, workforce training, workforce development, employee retention, employer seminars and career fairs, job placement, business resource center.

### **Partners:**

- Alliance for Workforce Development
- California Employment Development Department
- Lassen WORKS
- Small Business Development Center
- Department of Rehabilitation

**Hours:** 8:00 am-5:00 pm, Mon-Fri

## **LASSEN COUNTY VETERANS SERVICES**

Veterans Memorial Building  
1205 Main Street  
Susanville, CA 96130

[www.co.lassen.ca.us/dept/veterans-services/veterans-services-home](http://www.co.lassen.ca.us/dept/veterans-services/veterans-services-home)

**(530) 251-8192**

**Services:** Advice regarding rights and services for veterans regarding compensation, pension, education, or vocational rehabilitation, insurance, loans, and hospitalization and medical benefits. Also assistance in obtaining supporting documents and advice in preparing claims. Information and referrals for Agent Orange exposure, alcoholism and drug treatment programs, State of California Veterans benefits, Veteran home loans, hospital care, outpatient medical and dental care, Small Business Administration programs, employment and job search resources. See website for full list of services.

**Hours:** 8:00am-12:00pm and 1:00pm-5:00pm, Mon-Thurs. Fri, by appointment only

**LASSEN LIFE SKILLS & JOB TRAINING**

**(530) 257-7799**

473-340 San Francisco Street  
Susanville, CA 96130

**Services:** A community based program that serves adults with developmental disabilities and teaches skills that make it possible for people with disabilities to live independently in the community. Employer benefits: reliable workers, low employee turnover rate, TJTC (tax incentive), and ongoing training and support of employee by program staff.

**Hours:** 8:00 am-3:00 pm, Mon - Fri.

**WESTWOOD FAMILY RESOURCE CENTER**

**(530) 256-3706**

463-975 Birch Street  
Westwood, CA 96137

wwfrc@frontiernet.net

***See Page 53 Under: Family Resource Agencies***

## Family Resource Agencies

### **BIG VALLEY FAMILY RESOURCE CENTER**

**(530) 294-5700**

P.O. Box 40  
125 Highway 299E  
Bieber, CA 96009

**Services:** Elder care service, bilingual services, referrals to Lassen/Modoc county services and help with application process, private office for meetings, open meeting area for group meetings, internet access, computer, fax, copier, and phone access. Provide information on BV chamber of commerce, food bank services, and EBT services. Offer van transportation services to local clients for appointments in Susanville. WIC and Public Health staff visit once per month.

**Programs:** Playgroup for families with 0 to 5 year olds, parenting classes, after school clubs, Big Valley Cooperative childcare center, ESL classes, Bieber voluntary library, Early Literacy fund, and food pantry once a month.

**Hours:** 8:00am-5:00p, Mon-Fri

### **FORT SAGE FAMILY RESOURCE CENTER**

**(530) 827-3007**

170 D.S. Hall Road  
P.O. Box 623  
Herlong, CA 96113

[fortsagefrc@frontiernet.net](mailto:fortsagefrc@frontiernet.net)

**Services:** Resource center provides a one stop shop for services for all citizens of South Lassen County, Herlong, Doyle, and Milford. The center works toward supporting strong families, quality education, community health, quality environment and economic opportunity.

Services include: food pantry, thrift store, community library, community dinners, meals on wheels, Medi-Cal assistance, senior services, job search, HEAP (energy assistance), weatherization, internet access, resume assistance, fax/copy access.

- Lassen WORKS the third Thursday of every month.
- Behavioral Health Therapist for adults and children twice a week.

**Programs:**

- Bridges out of Poverty-is a starting point where one can develop accurate mental models of poverty, middle class, and wealth.
- Getting Ahead in a Just Getting by World classes (a program of Bridges out of Poverty)-Building your resources for a better life.

**Hours:** 8:00am-5:00p, Mon-Fri

### **KINSHIP CARE**

**(530) 257-6181 x8901**

480-200 Hwy 139  
Susanville, CA 96130

**Services:** Workshops that are offered include the following: parenting skills, child development, grief and loss, reunification, working with birth parents, child abuse, children with disabilities, attachment issues, juvenile judicial system, how to resolve conflict, and cultural competencies and childhood.

### **LASSEN CHILD & FAMILY RESOURCES**

**(530) 257-9781**

336 Alexander Avenue  
Susanville, CA 96130

**See Page 48 Under: Education**

**LASSEN COUNTY CHILDREN AND FAMILIES COMMISSION-FIRST 5**

**(530) 257-9600**

2995 Johnstonville Road  
Susanville, CA 96130

[www.lassenfirst5.org](http://www.lassenfirst5.org)

**Services:** The Lassen County Children and Families Commission (First 5 Lassen) is designed to support and encourage, on a countywide basis, a comprehensive, integrated, coordinated system of early childhood development services. The focus of the Commission is on quality health care, family strengthening, and early childhood education. The commission will support prevention and intervention programs for children, prenatal through five years of age, and their families. Oral health and home visiting services are priorities of First 5 Lassen. Meetings are open to the public and held six times a year (February, April, June, August, September, and October) at the office of Lassen Child & Family Resources, 336 Alexander Avenue, Susanville, California at 1:30pm.

**LASSEN FAMILY SERVICES**

**(530) 257-4599**

1306 Riverside Drive  
Susanville, CA 96130

**Crisis Line (530) 257-5004**

[www.lassenfamilyservices.org](http://www.lassenfamilyservices.org)

**Mission:** Lassen Family Services, Inc. is committed to ending abuse in our community through prevention, healing, advocacy, safety, and education, compassionate intervention, and effective partnerships with local community and social service agencies that will support the victim’s journey to empowerment.

**Services:** 24-Hour Crisis Line, Temporary Restraining Orders, emergency shelter and transitional housing, emergency transportation, food, and clothing, hospital & law enforcement accompaniment, crisis counseling and community referral, legal aid/court advocacy; domestic violence and sexual support groups, parenting classes, teen group; out-of-area transportation, prevention programs and presentations.

**Crisis Line:** Lines are answered 24 hours a day, 7 days a week, 365 a year by live, trained staff and volunteers, who provide culturally appropriate crisis intervention, counseling, information, resources, and referrals. In addition, a concerned friend, family member, or neighbor can call to receive information about how to safely offer someone help or direct him or her to resources.

**Hours:** 8:00am-5:00pm, Mon-Fri

**RAINBOW FAMILY RESOURCE NETWORK**

**(530) 251-2417**

A program of Lassen Child & Family Resources  
336 Alexander Ave  
Susanville, CA 96130

**Services:** Information, resources, referral and support for parents and caregivers of infants and toddlers (birth to three) who have delays or disabilities; a lending library of disability-related materials includes books, DVDs, CDs, toys, books and games.

**Hours:** 8:00am-4:30pm, Mon-Fri

**SIERRA ARMY DEPOT CHILD AND YOUTH SERVICES**

**(530) 827-4696**

Building 145 – Nevada Street  
Herlong, CA 96113

**Services:** Before and after school care; summer camp programs; middle school and teen recreational activities. Partner agency with Boys and Girls Club of America and 4-H.

**Hours:** 6:00 am-8:00 a.m. & 12:00 pm-7:00 p.m. Mon-Thurs. 2:30 pm-9:00 p.m. Fri & 1:00 pm-9:00 pm Sat .

**Requirement to participate:** Any youth enrolled in Fort Sage School District or who has a parent employed by Sierra Army Depot.

**SIERRA CASCADE FAMILY OPPORTUNITIES**

**(530) 283-1242**

Seeks to empower families through a comprehensive system of early education, parent education, resources and guidance. Central office is located in Quincy with center and home based programs in Lassen County.

***See Page 46 Under: Education***

**WESTWOOD FAMILY RESOURCE CENTER**

**(530) 256-3706**

463-975 Birch Street

**wwfrc@frontiernet.net**

Westwood, CA 96137

**Services:** Offers a variety of information and services to meet the needs of families, seniors, and the general public. The focus of the center is school readiness, senior outreach, literacy, and resource and referral. Offer resume assistance, internet access, phone access, children's fair, family fun night, emergency food, and diapers.

**Food Bank:** Same location, 2<sup>nd</sup> and 4<sup>th</sup> Fridays of the month from 2:00pm-4:00pm. Lassen County residents only, and must income qualify.

**Hours:** 8:00am-5:00pm, Mon-Fri

# Financial Assistance

## **COOPERATIVE AGENCIES RESOURCES FOR EDUCATION**

**(530) 257-6181 ext. 8953**  
**www.lassencollege.edu**

478-200 Hwy 139

Susanville, CA 96130

LCC Student Services Building (VT 119)

**Services:** CARE is a state funded program with the purpose of assisting single parents who receive cash aid. The program provides financial, educational, and emotional assistance and support with the aim of keeping single parent students in school by helping remove obstacles that hinder their success. CARE students receive assistance with child care expenses, book grants, uniforms relating to major, \$100 with minor automobile repair, awards and scholarships, and gas vouchers.

**Eligibility:** To qualify for CARE students must be participants of EOPS (see above), at least 18 years old, single, and "head of household" as determined by welfare department, have a child under the age of 14, be enrolled in at least 12 units, and be currently receiving cash-aid or have a child receiving cash-aid.

**Hours:** 8:30am – 4:30pm, Mon-Fri

## **ECONOMIC DEVELOPMENT DEPARTMENT**

**(530) 251-8309**

707 Nevada St., Suite #1

Susanville, CA 96130

**Services:** Financial assistance to homeowners and home buyers. Small Business loans, and START SMART training program for small business owners. Grant writing help. Administers Community Development grants and provides technical assistance.

**Eligibility:** Must meet financial guidelines.

**Hours:** 8:00am – 5:00pm, Mon-Fri

## **ENERGY CONSERVATION ASSISTANCE PROGRAM (ECAP)**

**(530) 257-4174**

### **LMUD Business Office**

65 S. Roop Street

Susanville, CA 96130

**Services:** ECAP is a rate assistance program that provides a discount to income eligible customers. The program also encourages energy conservation by helping customers use energy more wisely and efficiently.

**Eligibility:** Must meet financial guidelines, and compliance with the State of California's energy conservation plan

## **EMERGENCY ENERGY ASSISTANCE PROGRAM (EEAP):**

**(530) 257-0314**

***Part of The Salvation Army pg. 55***

**Services:** For unexpected financial hardships on households who are unable to pay their utility bill or in danger of disconnection.

**LASSEN COMMUNITY COLLEGE**  
**Extended Opportunity Programs and Service (EOPS)**

**(530) 257-6181 ext. 8953**  
**www.lassencollege.edu**

478-200 Hwy 139  
Susanville, CA 96130  
LCC Student Services Building (VT 119)

**Services:** EOPS is a California-funded student support program aimed at providing services to promote the academic success of students who face economic, academic, language, and social barriers. EOPS provides book grants, lending library (students are able to borrow textbooks), priority registration, counseling, transfer assistance, scholarship and award money, and tutoring.

**Eligibility:** To qualify for EOPS, one must be a California resident, be enrolled in at least 12 units (full time), have fewer than 70 semester (105 quarter) units of degree applicable credit coursework, qualify to receive a Board of Governors Grant (BOGG fee waiver), and have an educational disadvantage.

**LASSEN COUNTY COMMUNITY SOCIAL SERVICES**

**(530) 251-8152**

P.O. Box 1359  
1616 Chestnut Street  
Susanville, CA 96130

**Lassen Works:** Phone: 530-251-8152, Fax 530-251-8149

**Adult Services:** Phone: 530-251-8158, Fax 530-251-2672

**Child & Family Services:** Phone: 530-251-8277, Fax: 530-251-2661

**Services:** referral and resource for a full range of services including financial assistance; supplemental food program; resources for neglected, abused and/or molested children; adoption and/or abortion; adult protective services; and services for seniors. WORKS stands for Work, Opportunity, and Responsibility to Kids.

**LOW INCOME HOME ENERGY ASSISTANCE PROGRAM (LIHEAP)**

***Part of Lassen Economic Development Corporation***

**(530) 256-3531**

**Services:** The Low Income Home Energy Assistance Program (LIHEAP) is funded by the Federal Department of Health and Human Services (DHHS) and provides two basic types of services. Eligible low-income persons, via local governmental and nonprofit organizations, can receive financial assistance to offset the cost of heating and/or cooling homes, and/or have their homes weatherized to make them more energy efficient. Locally, LIHEAP is administered by Lassen Economic Development Corporation located in Westwood California. Applications may also be picked up in Susanville at the Social Security office, Alliance for Workforce Development, and the City of Susanville

**MEDICARE HOTLINE**

**1-800-633-4227**  
**VP/TDD 1-877-486-2048**

**SALVATION ARMY (SUSANVILLE)**

**(530) 257-0314**

1560 Main Street  
Susanville, CA 96130

**Services:** Salvation Army of Susanville provides emergency assistance for food, utilities, transportation, and lodging. They have a food distribution program that occurs twice a month. Youth camp, and back to school programs are offered during the summer and a Christmas food and children/senior gift program at Christmas time.

## Food & Nutrition Resources

### **COMMUNITY FOOD SHELF**

**(530) 257-0314**

A program of the Salvation Army  
1560 Main Street  
Susanville, CA 96130

**Services:** Provides emergency food supplies, on a limited basis, to families in need during crisis situations.

**Hours:**

Bread offered every Tuesday at 9:00am.

Food shelf is on the 2<sup>nd</sup> and 4<sup>th</sup> Friday of every month from 12:30pm-3:00pm. Participants may come and get a number in line at 8:00am.

### **CROSSROADS MINISTRIES**

**(530) 251-0701**

2410 Main Street  
Susanville, CA 96130

**Services:**

- Shelter/ Housing
- (3 Men Homes, 1 Women's Home)
- Daily Meals
- Emergency Food Boxes
- Utility Help
- Monthly Food Boxes
- Case Management
- Parenting Classes
- Crossroads Outreach Services
- Bible Study
- Ministry Services at the Jail

**Hours:**

7:00am Breakfast, Mon-Fri

12:00pm Lunch, Mon-Fri

6:00pm Dinner, Sat only

9:00am-3:00pm Office hours

### **FORT SAGE FAMILY RESOURCE CENTER-FOOD PANTRY**

**(530) 827-3007**

170 D.S. Hall Road  
Herlong, CA 96113

[fortsagefrc@frontiernet.net](mailto:fortsagefrc@frontiernet.net)

**Services:** Offer an open pantry for individuals to come pick up food. Emergency food boxes are also available.

**Hours:**

The first and third Friday of every month

**Eligibility:** All are eligible

### **LASSEN COUNTY COMMUNITY SOCIAL SERVICES**

**(530) 251-8152**

P.O. Box 1359  
1616 Chestnut Street  
Susanville, CA 96130

**Lassen WORKS:** Phone: 530-251-8152, Fax: 530-251-8149

**Adult Services:** Phone: 530-251-8158, Fax: 530-251-2672

**Child & Family Services:** Phone: 530-251-8277, Fax: 530-251-2661

**Services:** Referral and resource for a full range of services including financial assistance; supplemental food program; resources for neglected, abused and/or molested children; adoption and/or abortion; adult protective services; services for seniors. WORKS stands for Work, Opportunity, and Responsibility to Kids.

**WESTWOOD FAMILY RESOURCE CENTER-FOOD BANK**

**(530) 256-3706**

463-975 Birch Street  
Westwood, CA 96137

**Hours:**

Food bank 2<sup>nd</sup> and 4<sup>th</sup> Fridays of every month from 2:00pm-4:00pm.

**Eligibility:** Lassen County residents only, and must income qualify.

**W.I.C. (WOMEN, INFANTS, CHILDREN)**

**(530) 257-7094**

Part of Northeastern Rural Health Clinics  
1410 Chestnut Street  
Susanville, CA 96130

**Services:** Supplemental food program providing nutrition education, breastfeeding promotion, and pertinent referrals to eligible participants.

**Eligibility:** Women (pregnant, postpartum up to 12 months), Infants up to 12 months of age, and Children under the age of 5. Must live in Lassen County.

**Hours:**

Monday-Friday, 8:00am-5:00pm, open during lunch. Walk-ins welcome during Outreach days.

**Charges:** Must be income eligible and in a category listed above.

# Healthcare

## **BANNER LASSEN MEDICAL CENTER**

**(530) 252-2000**

1800 Spring Drive  
Susanville, CA 96130

**Services:** Banner Medical

Center is a 25 bed critical access hospital that provides cancer care, heart care, infusion therapy services, maternity care, medical imaging, laboratory services, physical therapy, sleep studies, surgical services, and emergency room services.

## **BANNER LASSEN CLINIC**

General and Orthopedic Surgery

**William Park, MD**

1345 Paul Bunyan Rd.  
Susanville, CA 96130

**(530) 252-2500**

**Hours:** Medi-Cal accepted

8:00am-12:00pm & 1:00pm-5:00pm, Mon-Fri

Family Practice and Pediatrics

**Christina Carlton, MD**

**Mark Nielsen, MD**

**Greg Valceschini, MD**

1680 Paul Bunyan Rd.  
Susanville, CA 96130

**(530) 257-5730**

**Hours:** Medi-Cal accepted

8:00am-5:00pm, Mon-Fri

Dr. Nielsen, Tues, Thurs, & Fri only

## **BANNER LASSEN LAB DRAW STATION**

**(530) 252-1177**

1445 Paul Bunyan Road, Suite A  
Susanville, CA 96130

**Services:** Blood draw station. Medi-cal accepted.

**Hours:** 6:30am-11:00am & 12:00pm-3:00pm, Mon-Fri

## **BANNER LASSEN PHYSICAL THERAPY**

**(530) 252-2662**

2940-A Riverside Drive  
Susanville, CA 96130

## **BIG VALLEY MEDICAL CENTER**

**(530) 294-5241**

554-850 Medical Center Drive  
Bieber, CA 96009

**Services:** Physicians, lab and EKG, allergy treatment, diet counseling, free blood-pressure checks, family planning, immunizations in association with the Lassen County Public Health Department. Primary and preventative health care for all ages, basic laboratory services and blood draws, diagnostic tests, physicals (CHDP, sports, school, DMV) hearing and vision screening, women's health, prenatal care, immunizations, well baby care, tobacco cessation counseling, diabetic education, W.I.C., urgent care, minor surgery, podiatry, and geriatric care. Limited pharmacy available. Bilingual services available. Medi-Cal accepted.

**Hours:** 8:00am – 5:00pm, Mon-Fri

## **Big Valley Medical Center Providers**

**Daniel Dahle, MD**

**Nubia Daguia, FNP**

## **CHIROPRACTIC CARE**

### **Susanville Chiropractic Clinic**

**Ronald Branvold, DC**

1723 1<sup>st</sup> Street

Susanville, CA 96130

**Services:** Provide wide range of general chiropractic care including back pain chiropractic, neck pain care, sciatica chiropractic, shoulder pain treatment, headache and migraine chiropractic, women's chiropractic care, and spinal decompression treatment.

**Hours:**

3:00pm – 6:00pm, Mon

9:00am – 6:00pm, Tues

9:00am – 3:30pm, Wed

**(530) 257-7751**

## **DENTISTRY**

### **Big Valley Medical Center**

**Tony Cabrera, DDS**

554-850 Medical Center Drive

Bieber, Ca 96009

**(530) 294-5629**

**Hours:**

8:00am – 4:30pm

Medi-Cal accepted

### **Sean Buehler, DDS**

1408 Main Street

Susanville, CA 96130

**(530) 257-3300**

[www.thesusanvilledentist.com](http://www.thesusanvilledentist.com)

**Hours:**

8:00am - 5:30pm, Mon

8:00am - 5:30pm, Tues

Closed, Wed

8:00am - 5:30pm, Thurs

8:00am - 5:30pm, Every other Friday

### **Jeannie Huber, RDHA (Smiles For Life, Inc.)**

1803 1<sup>st</sup> Street

Susanville, CA 96130

**(530) 257-9640**

**Hours:** 8:00am-5:00pm, Mon-Fri

### **Lassen Indian Health Center Dental Services**

**John Mahon, DDS**

795 Joaquin Street

Susanville, CA 96130

**(530) 257-2542**

**Hours:**

8:00am – 12:00pm & 1:00pm – 5:00pm, Mon-Fri

Medi-Cal Accepted

### **Northeastern Dental Services**

**Charles Giddings, DDS**

1850 Spring Ridge Drive

Susanville, CA 96130

**(530) 251-5000**

**Hours:** 8:00am – 5:00pm, Mon-Fri, Medi-Cal accepted

### **Ross Northrop, DDS**

1801 1<sup>st</sup> Street

Susanville, CA 96130

**(530) 257-9099**

**Hours:** 8:00am – 1:00pm & 2:00pm – 5:00pm, Mon-Thurs

### **Michael Rose, DDS**

40 N. McDow Street

Susanville, CA 96130

**(530) 257-2725**

**Hours:** 8:00am – 5:00pm, Mon, Wed, &Thurs

### **Dennis Struve, DDS**

151-A Ash Street

Susanville, CA 96130

**(530) 257-9597**

[www.struvedental.com](http://www.struvedental.com)

**Hours:**

8:30am – 5:00pm, Mon-Wed

8:30am – 1:00pm, Thurs

### **Susanville Dental**

**Raymond E. White, DDS**

720 Ash Street

Susanville, CA 96130

**(530) 257-7256**

[www.susanvilledental.com](http://www.susanvilledental.com)

**Hours:**

8:20am – 5:00pm, Mon-Thurs

**Susanville Orthodontic Care**

**Adam Hoybjerg, DDS**

720 Ash Street  
Susanville, CA 96130

**(530) 257-4455**

**Hours:**

9:00am – 1:00pm, Mon-Thurs

**Curtis E. Vixie, DDS**

**Linda D. Vixie, DDS**

3020 Johnstonville Road  
Susanville, CA 96130

**(530) 257-2395**

**Hours:**

8:30am – 5:00pm

**Westwood Family Clinic**

**Gregory Long, DDS**

209 Birch Street  
Westwood, CA 96137

**(530) 256-3152**

**Hours:** Medi-Cal accepted

8:00am-5:00pm, Tues-Thurs

**DOCTORS**

**George Barakat, MD**

Orthopedic Surgery

555 Ash Street  
Susanville, CA 96130

**(530) 257-9060**

**Hours:**

Monday: 8:00am-5:00pm

Tuesday: 9:00am-3:00pm

Wednesday: 8:00am-5:00am

Thursday: 1:30pm-4:00pm

Friday: 8:00am-12:00pm

**Keith Gross, MD**

**Teresa Langslet, PA**

Dermatology

1810 1<sup>st</sup> Street  
Susanville, CA 96130

**(530) 257-7335**

**Hours:** 8:00am-4:00pm, Tuesday and Thursday

**Jay M. Beams, MD**

Family Practice

701 Nevada Street  
Susanville, CA 96130

**(530) 257-4137**

**Hours:**

Monday: 9:00am-12:00pm & 2:00pm-5:00pm

Tuesday: 9:00am-12:00pm & 2:00pm-5:00pm

Wednesday: 9:00am-12:00pm

Thursday: 9:00am-12:00pm & 2:00pm-5:00pm

Friday: 9:00am-12:00pm

**Kenneth Korver, MD**

Family Practice

575 Hospital Lane  
Susanville, CA 96130

**(530) 257-4186**

**Hours:**

Monday: 8:00am-4:30pm

Tuesday: 8:00am-4:30pm

Wednesday: Closed

Thursday: Emergencies

Friday: 8:00am-4:30pm, Medi-Cal accepted

**Walter Fletscher, MD**

Cardiology

575 Hospital Lane  
Susanville, CA 96130

**(530) 257-4806**

**Hours:**

Tuesday: 9:00am-5:00pm

Thursday: 9:30am-5:00pm every other Thursday

**Hal Meadows, MD**

**Connie Herman, FNP**

705 W. Street  
Susanville, CA 96130

**(530) 257-7251**

**Hours:** 8:30am-5:00pm, Mon-Fri

**Thomas Russ, MD**

Cardiology  
575 Hospital Lane  
Susanville, CA 96130  
**(530) 241-7300**

**Hours:** 8:00am-5:00pm, Mon-Fri, Medi-cal accepted.

**Dale L. Syverson, MD**

FACS, Consults in Susanville, Surgery in Alturas  
1825 Main Street  
Susanville, CA 96130  
**(530) 252-4115**

**Hours:** 10:00am-3:00pm, every other Friday

**Indra Uppal, MD**

**S.K. Uppal, MD**  
103 Fair Drive  
Susanville, CA 96130  
**(530) 257-7773**

**Hours:** 8:00am-5:00pm, Mon-Fri, Private Insurance Only

**EYE CARE**

**SUSANVILLE**

**Gregory Boomer, OD**

607 Cottage Street #A  
Susanville, CA 96130  
**(530) 257-4424**

**Hours:** 8:30am-5:00pm, Mon-Wed

**Richard Marason, OD**

600 Ash Street  
Susanville, CA 96130  
**(530) 257-3636**

**Hours:** Medi-Cal Accepted 8:30am-5:00pm, Mon-Fri

**CHESTER**

**Fred Feil, OD**

262 Main Street  
Chester, CA 96020  
**(530) 258-3101**

**Hours:** Medi-Cal accepted  
8:30am-12:30pm & 1:30pm-5:30pm, Mon-Thurs

**RENO**

**Eye Care Professionals**

18653 Wedge Pkwy Ste. 170  
Reno, NV 89511  
**(775) 322-1000**

**Hours:**  
7:30am-5:00pm, Mon-Thurs  
7:30am-12:00pm, Fri

**Visionary Eye Center**

8175 S. Virginia Street Ste. B-900  
Reno, NV 89511  
**(775) 827-1100**

**Hours:**  
9:00am-6:00pm, Mon-Thurs  
9:00am-3:00pm, Fri

**CHICO**

**Family Eye Care**

2565 Ceanothus Ave. Ste. 155  
Chico, CA 95973  
**(530) 899-3939**

**Hours:** Medi-Cal accepted  
8:00am-5:00pm, Mon, Wed, and Thurs  
9:00am-6:00pm, Tues  
7:00am-4:00pm, Fri

**Doug Myers, OD**

119 Yellowstone Drive  
Chico, CA 95973  
**(530) 891-1146**

**Hours:** Medi-Cal accepted 8:00am-5:00pm, Mon-Fri

**REDDING**

**Advantage Eye Care**

1751 Hartnell Ave. Ste 1  
Redding, CA 96002

**(530) 223-2325**

**Hours:** 8:30am-5:00pm, Mon and Wed  
8:30am-6:00pm, Tues and Thurs  
8:30am-2:00pm, Fri

**Thomas E. Ward, OD**

2132 Eureka Way  
Redding, CA 96001

**(530) 244-4234**

**Hours:** Medi-Cal accepted  
8:00am-4:00pm, Mon-Thurs

**LASSEN COUNTY PUBLIC HEALTH**

**(530) 251-8183**

1445 Paul Bunyan Road  
Susanville, CA 96130

**Services:** Program services include, case management, policy development, public information, disease, prevention, healthy education, and community outreach. Lassen County Public Health provides extensive outreach programs including nutrition education, STD education, preconception health, perinatal guidance, handwashing education, flu prevention, disaster preparedness, oral health, physical activity, childhood lead poisoning prevention, and tobacco use reduction and prevention. Clinic services provided are; childhood immunizations, annual flu vaccinations, pregnancy, tuberculosis, STD, and lead testing, blood pressure checks, as well as free condoms anytime. Medi-Cal accepted.

**Hours:** Office hours, 8:00am – 5:00pm, Clinic on Tues and Thurs, 1:00pm – 4:30pm

**LASSEN INDIAN HEALTH CENTER**

**(530) 257-2542**

795 Joaquin Street  
Susanville, CA 96130

**www.lihc.org**

**Services:** Complete medical and dental services for Native Americans and non-Native Americans. Staff includes: physicians, dentists, registered and licensed vocational nurses, and community health representatives. The Family Services Department includes mental health therapists, clinical psychologists, and substance abuse counselors.

**Hours:** 8:00am – 12:00pm & 1:00pm – 5:00pm, Mon-Fri

**LASSEN NURSING AND REHABILITATION CENTER**

**(530) 257-5341**

2005 River Street  
Susanville, CA 96130

**Services:** 96 bed skilled nursing facility that provides 24 hour skilled nursing care. Physical, occupational, and speech therapy offered to in-patients.

**Eligibility:** Residents must be in need of skilled nursing care.

**Hours:** Monday-Friday, 8:00am-5:00pm, or by appointment. Care offered 24/7.

**Charges:** Accept Medicare, Medi-Cal, private pay (\$240 per day, PT, OT, ST extra), and some other HMO insurances.

**LINCARE, INC.**

**(530) 257-7513**

1545 Paul Bunyan Road, Suite A  
Susanville, CA 96130  
530-257-7513

**Services:** Home oxygen and full range of respiratory services such as nebulizers, CPAP, BiPAP machines, ASV's, and ventilators, and medical equipment including wheelchairs and walkers.

**Hours:**

Monday-Friday, 8:00am-5:00pm, and emergency service calls

**Insurance:** Medicare, Medi-Cal (only for oxygen), and private insurance.

**NORTHEASTERN RURAL HEALTH**

1850 Spring Ridge Drive  
Susanville, CA 96130  
530-251-5000

**(530) 251-5000**  
**<http://northeasternhealth.org>**

**Services:** Complete medical care for all ages, walk in urgent care, dental care, family planning, childbirth education, health education, nutrition education, smoking cessation, sports physicals, immunizations, women’s care, obstetrical care (including hospital delivery), STD/HIV testing, referrals to specialists, nursing visits, preventative medicine, well child visits, Telemed programs.

**Hours:** Monday-Saturday, 8:00am-6:00pm

**Insurance:** Medi-cal, Medicare, private insurance, and sliding fee scale based on eligibility criteria.

**Northeastern Providers**

**Urgent Care**

Noreen Frieling, FNP

**Hours:**

8:00am-6:30pm, Mon-Fri

8:00am-12:30pm & 2:00pm-5:00pm

**Family Health-Suite B**

Marlis Langie, FNP

**Family Health-Suite C**

Samuel R. Carlton, MD

Dean Brown, PA-C

**Family Health-Suite D**

John Dozier, MD

**Family Health-Suite E**

Timothy Eckford, MD

Melissa Garnett, DNP, FNP-C

**Women’s Health -Suite F**

Steven Braatz, MD

Athena Long, OB Coordinator

**Women’s Health -Suite G**

Rachel Petersen, MD

Naomi Rea, FNP, CNM

**SENECA HEALTHCARE DISTRICT**

130 Brentwood Drive  
P.O. Box 737  
Chester, CA 96020

**(530) 258-2067**  
**<http://www.senecahospital.org/home.html>**

**Services:** Advanced life support, stand-by emergency room services, physician on call, and walk-in clinic. Medi-Cal accepted.

**Hours:**

Varies with each physician.

**Walk-in clinic:** Monday-Friday, 8:00am-5:00pm and Saturday, 8:00am-4:00pm.

**Seneca Healthcare Providers**

Steen Jensen, MD- General Surgery

David Walls, DO

Paige Lewis, MD-OB Certification

Christopher Ward, DO

Tonya MacDonald, FNP

Dana Ware, MD

J David Schillen, MD- Orthopedics

**WESTWOOD FAMILY PRACTICE**

**(530) 256-3152**

**Part of Northeastern Rural Health**

209 Birch Street  
Westwood, CA 96137  
Medi-Cal accepted

Vincent Natali, MD

8:00am – 5:00pm, Mon-Tues & Thurs-Fri  
8:00am – 12:00pm, Wed

Eileen Searcy, FNP

8:00am – 5:00pm Mon, Wed, and Thurs

**VETERANS AFFAIRS DIAMOND VIEW OUTPATIENT CLINIC**

**(530) 251-4550**

110 Bella Way  
Susanville, CA 96130

**Services:** Provide a variety of medical and health care services to veterans.

**VIAL PHYSICAL THERAPY**

**(530) 257-7711**

515 Ash Street  
Susanville, CA 96130

[www.vialpt.com](http://www.vialpt.com)

**Services:** Provide treatment for; back pain, balance problems, carpal tunnel, gait dysfunctions, headaches, ankle, knee, hip, shoulder, elbow, and wrist injuries, joint replacement, loss of motion problems, loss of strength issues, mis-aligned pelvic disorders, muscle spasms, muscle strains, neck pain, posture dysfunctions, pre and post-operative conditions, rotator cuff repair, sciatica, scoliosis, spine discectomy, laminectomy or fusion, tendonitis, and trigger points.

# Hospitals

## **BANNER LASSEN MEDICAL CENTER**

**(530) 252-2000**

1800 Spring Drive  
Susanville, CA 96130

**Services:** Banner Lassen Medical Center is a 25 bed critical access hospital that provides cancer care, heart care, infusion therapy services, maternity care, medical imaging, laboratory services, physical therapy, sleep studies, surgical services, and emergency room services.

## **SENECA HEALTHCARE DISTRICT**

**(530) 258-2067**

130 Brentwood Drive  
P.O. Box 737  
Chester, CA 96020

<http://www.senecahospital.org/home.html>

**Services:** Advanced life support, stand-by emergency room services, physician on call, and walk-in clinic. Medi-Cal accepted.

### **Hours:**

Varies with each physician.

**Walk-in clinic:** Monday-Friday, 8:00am-5:00pm and Saturday, 8:00am-4:00pm.

## **OTHER HOSPITALS**

### **ENLOE MEDICAL CENTER**

**(530) 332-7300**

1531 Esplanade  
Chico, CA 95926

### **RENOWN MEDICAL CENTER**

**(775) 982-4100**

1155 Mill Street  
Reno, NV 89502

### **MERCY MEDICAL CENTER**

**(530) 225-6000**

2175 Rosaline Ave. Ste A  
Redding, CA 96001

### **SAINT MARY'S REGIONAL MEDICAL CENTER**

**(775) 770-3104**

235 W 6<sup>th</sup> Street  
Reno, NV 89503

### **NORTHERN NEVADA MEDICAL CENTER**

**(775) 331-7000**

2375 E. Prater Way  
Sparks, NV 89434

### **SHASTA REGIONAL MEDICAL CENTER**

**(530) 244-5400**

1100 Butte Street  
Redding, CA 96001

# Housing

## **ECONOMIC DEVELOPMENT DEPARTMENT**

**(530) 251-8309**

707 Nevada St., Suite #1  
Susanville, CA 96130

**Services:** Financial assistance to homeowners and home buyers. Small Business loans and START SMART training program for small business owners. Housing authority, offers rental assistance, administers community development grants and provides technical assistance and grant-writing help.

**Eligibility:** Must meet financial guidelines.

**Hours:** 8:00am-5:00pm, Mon-Fri

## **LOW INCOME HOUSING**

### **Citrus Manor Apartments**

500 Limoneria Ave  
Susanville, CA 96130  
**(530) 257-2297**

### **Parkview Garden Apartments**

320 Limoneria Ave  
Susanville, CA 96130  
**(530) 257-4028**

### **Meadowbrook Apartments**

555 N. Roop St.  
Susanville, CA 96130  
**(530) 257-5524**

### **Susanville Gardens Apartments**

1070 Paiute Ln.  
Susanville, CA 96130  
**(530) 257-5238**

### **Millview Apartments**

780 Hall St.  
Susanville, CA 96130  
**(530) 257-7261**

### **Feather River Apartments**

100 Delwood Street  
Westwood, CA 96137  
**(530) 256-3029**

## **LOW INCOME HOUSING ( SENIORS )**

### **Lassen Manor**

205 North Mesa  
Susanville, CA 96130  
**(530) 257-0888**

### **Susan River Apartments**

1625 Riverside Dr.  
Susanville, CA 96130  
**(530) 257-0800**

### **Westwood Senior Apartments**

671-315 Finland Drive  
Westwood, CA 96137  
**(530) 256-3754**

**RONALD MCDONALD HOUSE**

**(775) 322-4663**

323 Maine Street

Reno, NV 89502

Located next to Renown Medical Center

**Services:** Lodging for parents and families of children receiving care at a nearby hospital. There are 12 bedroom/bath units, along with kitchen, rec-room, library, and laundry.

**Eligibility:** Any family with a child receiving in- or out-patient care at any local hospital. Parents must live at least 30 miles away. If house is full, more serious medical conditions will take priority, if available.

**Hours:**

9:00am – 9:00pm, Mon-Fri

9:00am – 12:00pm & 2:30pm – 9:00pm Sat-Sun

**RONALD MCDONALD HOUSE**

**(916) 734-4230**

2555 49th Street

Sacramento, CA 95817

**Services:** Provides housing for families while their children are hospitalized in any of the Sacramento area hospitals.

**Charges:** \$20.00 per night or no charge to eligible families through the "Adopt a Family" program.

**SUSANVILLE INDIAN RANCHERIA HOUSING AUTHORITY**

**(530) 257-5033**

**Services:** Housing for homeless Native Americans.

**Eligibility:** Any Native American family which meets our qualifications

**Hours:** 8:00am – 5:00pm, Mon-Fri

**Charges:** Free.

# Lassen County Departments

## **ADMINISTRATION**

221 South Roop Street Ste. 4  
Susanville, CA 96130  
**Hours:** 8:00am-5:00pm, Mon-Fri

**(530) 251-8333**  
**Fax: (530) 251-2663**

## **ADULT SERVICES**

720 Richmond Road  
Susanville, CA 96130  
**Hours:** 8:00am-5:00pm, Mon-Fri

**(530) 251-8158**  
**Fax: (530)-251-8370**

## **AGRICULTURAL COMMISSIONER**

175 Russell Avenue  
Susanville, CA 96130

**(530) 251-8110**  
**Fax: (530) 251-2726**

## **ANIMAL CONTROL**

472-000 Johnstonville Road  
Susanville, CA 96130  
**Hours:** 8:00am-1:00pm, Mon-Fri

**(530) 257-9200**  
**Fax: (530) 257-0488**

## **ASSESSOR**

220 South Lassen St, Ste. 4  
Susanville, CA 96130  
**Hours:** 9:00am-12:00pm & 1:00pm-4:00pm, Mon-Fri

**(530) 251-8241**  
**Fax: (530) 251-8245**

## **AUDITOR**

221 South Roop St.  
Susanville, CA 96130  
**Hours:** 8:00am-5:00pm, Mon-Fri

**(530) 251-8233**

## **BEHAVIORAL HEALTH**

555 Hospital Lane  
Susanville, CA 96130

**(530) 251-8108**  
**Fax: (530) 251-8394**

1410 Chestnut Street  
Susanville, CA 96130  
**Hours:** 8:00am-5:00pm, Mon-Fri

**(530) 251-8112**  
**Fax: (530) 251-5884**

## **BOARD OF SUPERVISORS**

221 South Roop St, Ste. 4  
Susanville, CA 96130  
**Hours:** 8:00am-5:00pm, Mon-Fri

**(530) 251-8333**  
**Fax: (530) 251-2663**

**BOARD OF SUPERVISORS BOARD CLERK**

220 South Lassen St., Ste 5  
Susanville, CA 96130  
Hours: 8:00am-5:00pm, Mon-Fri

**(530) 251-8427**  
**Fax: (530) 257-3480**

**CHILD & FAMILY SERVICES**

1445 Paul Bunyan Ste. B  
Susanville, CA 96130  
Hours: 8:00am-5:00pm, Mon-Fri

**(530) 251-8277**  
**Fax: (530) 251-2661**

**CHILD SUPPORT SERVICES**

1600 Chestnut Street  
Susanville, CA 96130  
Hours: 8:30am-12:00pm & 1:00pm-4:45pm, Mon-Fri

**(866) 901-3212**  
**Fax: (530) 251-2667**

**COMMUNITY SOCIAL SERVICES-LASSEN WORKS**

720 Richmond Road  
Susanville, CA 96130  
Hours: 8:00am-5:00pm, Mon-Fri

**(530) 251-8152**  
**Fax: (530) 251-8370**

**COOPERATIVE EXTENSION**

707 Nevada Street  
Susanville, CA 96130  
Hours: 8:30am-5:00pm, Mon-Fri

**(530) 251-2601**  
**Fax: (530) 251-2666**

**COUNTY CLERK**

220 South Lassen St., Ste. 5  
Susanville, CA 96130  
Hours: 9:00am-12:00pm & 1:00pm-4:00pm, Mon-Fri

**(530) 251-8217**  
**Fax: (530) 257-3480**

**COUNTY COUNSEL**

221 South Roop Street  
Susanville, CA 96130  
Hours: 8:00am-12:00pm & 1:00pm-5:00pm

**(530) 251-8334**  
**Fax: (530) 251-2665**

**COUNTY RECORDER**

220 South Lassen St, Ste 5  
Susanville, CA 96130  
Hours: 10:00am-12:00pm & 1:00pm-3:00pm, Mon-Fri

**(530) 251-8234**  
**Fax: (530) 257-3480**

**DISTRICT ATTORNEY-CRIMINAL DIVISION**

220 South Lassen St.  
Susanville, CA 96130  
Hours: 9:00am-12:00pm & 1:00pm-4:00pm

**(530) 251-8283**  
**Fax: (530) 251-9009**

**DISTRICT ATTORNEY-VICTIM WITNESS**

700 Brashear  
Susanville, CA 96130  
Hours: 9:00am-12:00pm & 1:00pm-4:00pm

**(530) 251-8281**  
**Fax: (530) 257-5700**

**ECONOMIC DEVELOPMENT & HOUSING**

707 Nevada St.  
Susanville, CA 96130  
Hours: 8:00am-12:00pm & 1:00pm-5:00pm, Mon-Fri

**(530) 251-8309**  
**Fax: (530) 257-6599**

**ENVIRONMENTAL HEALTH**

1445 Paul Bunyan Rd.  
Susanville, CA 96130  
Hours: 8:00am-5:00pm, Mon-Fri

**(530) 251-8528**  
**Fax: (530) 251-2668**

**FAIR**

195 Russell Avenue  
Susanville, CA 96130

**(530) 251-8900**  
**Fax: (530) 251-2715**

**HEALTH & SOCIAL SERVICES ADMINISTRATION**

1445 Paul Bunyan Road  
Susanville, CA 96130  
Hours: 8:00am-5:00pm, Mon-Fri

**(530) 251-8128**  
**Fax: (530) 251-8070**

**INFORMATION SERVICES DEPARTMENT**

220 S. Lassen St. Ste 1  
Susanville, CA 96130  
Hours: 8:00am-5:00pm, Mon-Fri

**(530) 251-2600**

**JUVENILE DETENTION FACILITY - Juvenile Hall**

1415-B Chestnut Street  
Susanville, CA 96130  
Hours: 8:00am-5:00pm, Mon-Fri

**(530) 251-8324**  
**Fax: (530) 251-1891**

**LASSEN CAREER NETWORK**

1616 Chestnut Street  
Susanville, CA 96130  
Hours: 8:00am-5:00pm, Mon-Fri

**(530) 251-8200**  
**Fax: (530) 257-9002**

**LASSEN REGIONAL SOLID WASTE**

170 Russell Ave, Ste X  
Susanville, CA 96130  
Hours: 8:00am-12:00pm & 1:00pm-5:00pm

**(530) 252-1273**  
**Fax: (530) 252-1529**

**PATIENT'S RIGHTS ADVOCATE**

1445 Paul Bunyan Rd.  
Susanville, CA 96130  
Hours: 8:00am-5:00pm, Mon-Fri

**(530) 251-8322**  
**Fax: (530) 257-8177**

**PERSONNEL/RISK MANAGEMENT**

221 South Roop St.  
Susanville, CA 96130  
Hours: 8:00am-12:00pm & 1:00pm-5:00pm

**(530) 251-8320**  
**Fax: (530) 251-2663**

**PLANNING & BUILDING SERVICES/SURVEYOR**

707 Nevada St.  
Susanville, CA 96130  
Hours: 7:00am-12:00pm & 1:00pm-4:00pm, Mon-Fri

**(530) 251-8269**  
**Fax: (530) 251-8373**

**PLANNING & BUILDING SERVICES-ZONING**

707 Nevada St.  
Susanville, CA 96130  
Hours: 24 Hr. recording

**(530) 257-5263**

**PROBATION-ADULT**

107 South Roop St.  
Susanville, CA 96130  
Hours: 8:00am-12:00pm & 1:00pm-5:00pm, Mon-Fri

**(530) 251-8212**  
**Fax: (530) 251-8449**

**PROBATION-JUVENILE**

1415 -A Chestnut St.  
Susanville, CA 96130  
Hours: 8:00am-12:00pm & 1:00pm-5:00pm, Mon-Fri

**(530) 251-8212**  
**Fax: (530) 257-9160**

**PUBLIC DEFENDER**

220 South Lassen St.  
Susanville, CA 96130  
Hours: 8:00am-5:00pm, Mon-Fri

**(530) 251-8312**  
**Fax: (530) 251-2671**

**PUBLIC GUARDIAN**

720-A Richmond Rd.  
Susanville, CA 96130  
Hours: 8:00am-12:00pm & 1:00pm-5:00pm, Mon-Fri

**(530) 251-8337**  
**Fax: (530) 251-2672**

**PUBLIC HEALTH**

1445 Paul Bunyan Rd. Ste B  
Susanville, CA 96130  
Hours: 8:00am-5:00pm, Mon-Fri

**(530) 251-8183**  
**Fax: (530) 251-2668**

**PUBLIC WORKS/ROADS**

707 Nevada St.  
Susanville, CA 96130  
Hours: 8:00am-12:00pm & 1:00pm-5:00pm, Mon-Fri

**(530) 251-8288**  
**Fax: (530) 251-2675**

**SHERIFF/CORONER AND CIVIL**

1415 Sheriff Cady Ln.  
Susanville, CA 96130  
Hours: 8:00am-12:00pm & 1:00pm-5:00pm, Mon-Fri

**(530) 251-8013**  
**Fax: (530) 251-2884**

**SHERIFF/CORONER-DISPATCH**

1415 Sheriff Cady Ln.  
Susanville, CA 96130  
Hours: 8:00am-5:00pm, Mon-Fri

**(530) 257-6121**  
**Fax: (530) 257-9363**

**SHERIFF/CORONER-ADULT DETENTION FACILITY**

1405 Sheriff Cady Ln.  
Susanville, CA 96130

**(530) 251-5245**  
**Fax: (530) 251-5243**

**TOBACCO CONTROL**

1445 Paul Bunyan Rd. Ste. B  
Susanville, CA 96130  
Hours: 8:00am-5:00pm, Mon-Fri

**(530) 251-8183**  
**Fax: (530) 251-2668**

**TREASURER/TAX COLLECTOR**

220 South Lassen St.  
Susanville, CA 96130  
Hours: 9:00am-12:00pm & 1:00pm-4:00pm, Mon-Fri

**(530) 251-8221**  
**Fax: (530) 251-2677**

**TREASURER/OFFICE OF RECOVERY AND REIMBURSEMENT**

220 South Lassen St.  
Susanville, CA 96130  
Hours: 9:00am-12:00pm & 1:00pm-4:00pm, Mon-Fri

**(530) 251-8227**  
**Fax: (530) 251-8088**

**VETERANS SERVICE OFFICER**

1204 Main St.  
Susanville, CA 96130  
Hours: 8:00am-5:30pm, Mon-Fri

**(530) 251-8192**  
**Fax: (530) 251-4901**

## Law Enforcement

**CALIFORNIA CORRECTIONAL CENTER** (530) 257-2181

711-045 Center Road  
Mailing Address: P.O. Box 790  
Susanville, CA 96127-0790

**FEDERAL CORRECTIONAL INSTITUTION – HERLONG, CA** (530) 827-8000

741-925 Herlong Access Road, County Road A25  
Mailing Address: P.O. Box 900  
Herlong, CA 96113

**HIGH DESERT STATE PRISON** (530) 251-5100

475-750 Rice Canyon Road  
Mailing Address: P.O. Box 750  
Susanville, CA 96127-0750

**LASSEN COUNTY ADULT DETENTION FACILITY (COUNTY JAIL)** (530) 251-5245

1405 Sheriff Cady Lane  
Susanville, CA 96130  
**Hours:** 8:00am-11:30am & 1:00pm-4:30pm, Mon-Fri

**LASSEN COUNTY ADULT PROBATION DEPARTMENT** (530) 251-8212

107 S. Roop Street  
Susanville, CA 96130  
**Hours:** 8:00am-11:30am & 1:00pm-4:30pm, Mon-Fri

**LASSEN COUNTY JUVENILE DETENTION FACILITY (JUVENILE HALL)** (530) 251-8324

1415 B Sheriff Cady Lane  
Susanville, CA 96130  
**Hours:** 8:00am-11:30am & 1:00pm-4:30pm, Mon-Fri

**LASSEN COUNTY JUVENILE PROBATION DEPARTMENT** (530) 251-8212

1415 A Sheriff Cady Lane  
Susanville, CA 96130  
**Hours:** 8:00am-11:30am & 1:00pm-4:30pm, Mon-Fri

**LASSEN COUNTY SHERIFF'S DEPARTMENT** (530) 257-6121

1415 Sheriff Cady Ln.  
Susanville, CA 96130  
**Hours:** 9:00am-5:00pm, Mon-Fri

**SUSANVILLE POLICE DEPARTMENT**

1801 Main St.  
Susanville, CA 96130

**Services:** General and Emergency Services, Criminal Investigation, Traffic Enforcement and Accident Reporting, Parking Enforcement and Animal Control Services.

**Dispatch: (530) 257-2171**  
**Business Office: (530) 257-5603**

**SUSANVILLE POLICE DEPARTMENT COMMUNITY SERVICE OFFICE**

**(530) 257-5603**

1801 Main St.  
Susanville, CA 96130

**Services:** Neighborhood Watch Programs, Police Department tours, Lassen County Crime Stoppers, Speed Monitoring Awareness Radar Trailer Deployment, School and group presentations, and Teen Court program.

**Hours:** 8:00am-12:00pm & 1:00pm-5:00pm, Mon-Fri

# Legal Services

## **ACCESS TO JUSTICE CENTER**

**(530) 251-8353**

2610 Riverside Drive  
Susanville, CA 96130

**Services:** The Access to Justice Center is a free service designed for self-represented litigants who need information about specific legal issues or court procedures. Services are provided at no charge, but participants are responsible for all court filing fees. The Access to Justice Center is staffed by an attorney who is skilled and trained to analyze the issues from the facts presented and explain the applicable law(s) and available legal and procedural alternatives, options and remedies. Referrals to other community agencies may be made for your benefit.

**Hours:** 8:00am-12:00pm & 1:00pm-5:00pm, Mon-Fri

## **FAMILY LAW FACILITATOR**

**(530) 251-8205**

2610 Riverside Drive  
Susanville, CA 96130

### **Services:**

Assistance in obtaining, changing, or enforcing child and/or spousal support orders.

Assistance in the preparation of child and/or spousal support agreements.

Assistance in providing computerized child and/or spousal support calculations.

Assistance in providing mediation of child support, spousal support and health care insurance.

**Hours:** 8:00am-5:00pm, Mon-Fri

## **LASSEN COUNTY LAW ENFORCEMENT CHAPLAINCY**

**(530) 251-8013**

**Dispatch (530) 257-6121**

1415 Sheriff Cady Ln.  
Susanville, CA 96130

**Services:** The Lassen County Law Enforcement Chaplains Program was created in 2002. The program is currently staffed by three local chaplains who volunteer their time to support the program. The Lassen County Sheriff's Office, Susanville Police Department, and California Highway Patrol, all participate in the program. The law enforcement chaplains aid the law enforcement community, and the people of Lassen County. They provide guidance, counseling, and comfort in times of crisis. The Chaplains have provided these services to law enforcement personnel and to members of the community. They are always available and have responded to support law enforcement and community members in critical incidents throughout Lassen County.

## **LASSEN COUNTY SUPERIOR COURT**

**(530) 251-8205**

[www.lassencourt.ca.gov](http://www.lassencourt.ca.gov)

2610 Riverside Drive  
Susanville, CA 96130

**Services:** The mission of the Superior Court of California, County of Lassen, is to uphold the rule of law by providing justice fairly, impartially and consistently, protecting the rights and liberties guaranteed by the Constitution of State of California and the Constitution of the United States of America.

**Hours:** 8:00am-5:00pm, Mon-Fri

**LASSEN COUNTY VICTIM / WITNESS ASSISTANCE**

**(530) 251-8281**

220 South Lassen St. Suite 8

Email: [LCVictimWitness@co.lassen.ca.us](mailto:LCVictimWitness@co.lassen.ca.us)

Susanville, CA 96130

Upstairs of the Old Courthouse

**Services:** The Victim/Witness staff encourage crime victims to talk about their needs and listens to their wishes with compassion and a commitment to help. They work to provide crime victims with information, resources and respect as they navigate the often-turbulent waters of the criminal justice process. Should you or someone you know be victimized, it is important to understand the rights afforded to victims in our state. Some of the services provided are:

Information Services- Information about the Victim Witness Program, and the eligibility requirements for the services.

Counseling Services- Counseling services may include crisis counseling, counseling resource and referral services, and follow-up services.

Claims Assistance- Assistance in completing and mailing of the required financial claims forms with the State of California Victim Compensation Board (CalVCB).

Justice System Information Assistance- Assistance in understanding the criminal justice system, assistance and support during court appearances, and assistance in retrieving property held in evidence.

Notification Assistance- Assistance in the notifications of friends, relatives, and employer (as requested).

Restitution Assistance- Assistance in filing a claim for victim restitution, if applicable.

**Hours:** 9:00am-12:00pm & 1:00pm-4:00pm, Mon-Fri

**LAWYER REFERRAL SERVICE FOR LASSEN COUNTY**

**(530) 272-5962**

This is a referral service only.

**LEGAL SERVICES OF NORTHERN CALIFORNIA**

**1 (800) 822-9687**

1370 West Street

**(530) 241-3565**

Redding, CA 96001

**Services:** Provide Legal Services to Lassen, Modoc, Shasta, Siskiyou, and Trinity counties.

# Libraries

## **BIEBER VOLUNTEER LIBRARY**

**(530) 294-5752**

Corner of Veterans and Bridge Streets  
Bieber, CA 96009

**Services:** Books, videos, magazines, pamphlets, and audio materials available for check-out. Computers are available for word processing and Internet access. If the library does not have the book you are looking for, it can be ordered through interlibrary loan.

**Hours:** 10:00am-3:00pm, Mondays

## **LASSEN COMMUNITY COLLEGE LIBRARY**

**(530) 251-8830**

478-200 Hwy. 139  
Susanville, CA 96130

**Services:** Access to all databases online and in library, collection of books including books pertaining to courses offered at the college, interlibrary loans, study rooms by reservation, tutoring, and class labs.

**Hours:** 8:00am-4:30pm, Mon-Fri

## **LASSEN LIBRARY DISTRICT**

**(530) 251-8127**

1618 Main Street  
Susanville, CA 96130

**[www.lassenlibrary@citlink.net](mailto:www.lassenlibrary@citlink.net)**

**Services:** Provides a variety of services. The Main Reading Room is the central area of the library. It contains all of the library's collections, the public access computing area, magazine and newspaper reading area, microfilm reading/printing station, the new Teen Area and the Circulation Desk. Four study carrels and several worktables are provided for patron use.

**Hours:**

11:00am-5:00pm, Tues-Thurs 11:00am-3:00pm, Fri-Sat

# Maternal, Child, Adolescent Health & Resources

## **ABORTION SERVICES**

### **CHICO HEALTH CENTER-PLANNED PARENTHOOD**

3100 Cohasset Road  
Chico, CA 9973

**(530) 342-8367**

[www.plannedparenthood.org](http://www.plannedparenthood.org)

**Services:** Provides STI/STD testing and treatment, contraception, cancer screening and prevention, pregnancy testing, prenatal services, abortion services, and family planning services. Medi-cal accepted.

**Hours:**

8:30am-6:00pm, Mon  
8:00am-5:00pm, Tues 8:30am-  
6:00pm, Wed-Thurs 8:30am-5:00pm,  
Fri

### **FIFTH STREET HEALTH CENTER-PLANNED PARENTHOOD**

455 W. 5<sup>th</sup> Street  
Reno, NV 89503

**(775) 688-5555**

[www.plannedparenthood.org](http://www.plannedparenthood.org)

**Services:** Provides STI/STD testing and treatment, contraception, cancer screening and prevention, pregnancy testing, prenatal services, abortion services, and family planning services.

**Hours:**

9:00am-5:00pm, 12:00pm-5:00pm over the counter only (no appointments), Mon 9:00am-  
5:00pm, Tues-Thurs  
9:00am-5:00pm, 3:00pm-5:00pm over the counter only (no appointments), Fri

### **REDDING HEALTH CENTER-PLANNED PARENTHOOD**

2935 Bechelli Lane  
Suite A & C  
Redding, CA 96002

**(530) 351-7100**

[www.plannedparenthood.org](http://www.plannedparenthood.org)

**Services:** Provides STI/STD testing and treatment, contraception, cancer screening and prevention, pregnancy testing, prenatal services, abortion services, and family planning services. Medi-Cal accepted.

**Hours:**

Monday, 8:30am-5:00pm  
Tuesday, 8:30am-5:00pm  
Wednesday, 10:00am-6:30pm  
Thursday, 8:30am-5:00pm  
Friday, 8:30am-5:00pm

### **WESTEND WOMEN 'S MEDICAL GROUP**

5915 Tyrone Road  
Reno, NV 89502

**(775) 827-0616**

[www.abortion.cc](http://www.abortion.cc)

**Services:** Provides abortion services including confirmation of pregnancy, and counseling including; outlining after-care instructions and providing appropriate post-procedure medications.

**Hours:** 8:30am-4:30pm, Mon-Fri

**WOMEN'S HEALTH SPECIALISTS-ANDERSON**

2110 Ferry Street  
Anderson, CA 96007

**(530) 221-0193**  
[www.womenshealthspecialists.org](http://www.womenshealthspecialists.org)

**Services:** Well woman health care (annual examinations, breast exams, pap smears, education, preventive reproductive health care), birth control, emergency contraceptive, referrals for permanent (male and female) sterilization services, pregnancy testing, STD testing, as well as comprehensive abortion services. Medi-Cal accepted.

**Hours:** Walk-in only  
Thursdays only, 12:00pm-4:00pm

**WOMEN'S HEALTH SPECIALISTS-CHICO**

1469 Humboldt Rd, Ste. 200  
Chico, CA 95928

**(530) 891-1911**  
[www.womenshealthspecialist.org](http://www.womenshealthspecialist.org)

**Services:** Well woman health care (annual examinations, breast exams, pap smears, education, preventive reproductive health care), birth control, emergency contraceptive, referrals for permanent (male and female) sterilization services, pregnancy testing, STD testing, as well as comprehensive abortion services.

**Hours:** By appointment only  
8:40am-4:00pm, Mon-Wed, Fri 9:30am-5:00p, Thurs

**WOMEN'S HEALTH SPECIALISTS-REDDING**

1901 Victor Ave.  
Redding, CA 96002

**(530) 221-0193**  
[www.womenshealthspecialists.org](http://www.womenshealthspecialists.org)

**Services:** Well woman health care (annual examinations, breast exams, pap smears, education, preventive reproductive health care), birth control, emergency contraceptive, referrals for permanent (male and female) sterilizations services, pregnancy testing, STD testing, as well as comprehensive abortion services.

**Hours:** By appointment only  
8:40am-4:00pm, Mon-Fri

**ADOPTION SERVICES****ADOPTION CHOICES OF NORTHERN CALIFORNIA**

1469 Humboldt Rd, Ste. 200  
Chico, CA 95928

**(530) 891-0302**  
[www.womenshealthspecialist.org/our-services/adoption/aboutus](http://www.womenshealthspecialist.org/our-services/adoption/aboutus)

**Services:** Provides adoption facilitation for newborns and toddlers around the state. Adoption Choices of Northern California is sponsored by Women's Health Specialists and is a private, non-profit adoption service which assists birth parents and prospective adoptive parents in a successful adoption experience. Also offer information, counseling, and support to all involved in the adoption process.

**BETHANY CHRISTIAN**

Main Office  
3048 Hahn Drive  
Modesto, CA 95350

**(209) 522-5121**  
[www.bethany.org](http://www.bethany.org)

**Services:** Bethany Christian is a global, non-profit organization that provides pregnancy support and counseling for expectant mothers, infant adoption services, international adoption services, and foster care adoption services. Will travel to Lassen County.

**FAMILY CONNECTIONS CHRISTIAN ADOPTIONS**

1111 Howe Avenue, #660  
Sacramento, CA 95825

**(916) 568-5966**  
**Toll Free: (844) 722-3678**  
[www.fcadoptions.org](http://www.fcadoptions.org)

**Services:** Family Connections is a full-service agency that provides adoption services for children in foster care, international adoptions, and adoption services for children whose birth parents make a voluntary adoption plan.

**MOUNTAIN CIRCLE FAMILY SERVICES**

[www.mountaincircle.org](http://www.mountaincircle.org)  
**(530) 257-7407**

**Susanville Office**

30 S. Mesa St.  
Susanville, CA 96130

**Greenville Office**

312 Crescent St.  
Greenville, CA 95947

**(530) 284-7007**

**Chico Office**

555 East Ave.  
Chico, CA 95926

**(530) 895-1110**

**Reno Office**

4600 Kietzke Ln. #260  
Reno, NV 89502

**(775) 825-9995**

**Services:** Mountain Circle Family Services is a non-profit organization that provides adoption placements for foster-care children, as well as infants of birth parents who voluntarily make an adoption plan. Services also include counseling services for pregnant mothers, children, couples, families, and adoptive/foster-care families.

**SAFE SURRENDER**

[www.babysafe.ca.gov](http://www.babysafe.ca.gov)  
**(530) 252-2000**

**Banner Lassen Medical Center**

1800 Spring Ridge Dr.  
Susanville, CA 96130

**Lassen County Public Health**

1445 PaulBunyan Rd.  
Susanville, CA 96130

**(530) 251-8183**

**Susanville Fire Department**

1505 Main St.  
Susanville, CA 96130

**(530) 257- 5152**

**Services:** Banner Lassen Medical Center, Lassen County Public Health, and the Susanville Fire Department are all safe surrender sites. Safe surrender, under the Safe Haven Law, is a program designed to save lives of newborn infants at risk of abandonment by encouraging parents with lawful custody to safely surrender the infant within 72 hours of birth, with no questions asked. There is an option, don't abandon your baby. For other Safe Surrender sites, call 1-877-222-9723.

**PRENATAL & PREGNANCY PROVIDERS**

**NORTHEASTERN RURAL HEALTH**

**(530) 251-5000**

Steven E. Braatz, MD

<http://northeasternhealth.org/>

Rachel L. Petersen, MD

Naomi Rea, FNP, CNM 1850 Spring Ridge Dr. Susanville, CA 96130

Services: Offer full prenatal care/obstetrical care, including hospital delivery. Medi-cal accepted.

Hours: 8:00am-5:00pm, Mon-Fri

**HOSPITALS**

**BANNER LASSEN MEDICAL CENTER**

**(530) 252-2000**

1800 Spring Ridge Dr.

<http://www.bannerhealth.com>

Susanville, CA 96130

**Services:** Family-centered hospital with private birthing suites that provides personalized care during labor, delivery, and postnatal periods.

**Hours:** Open 24 hours a day, 7 days a week.

**OTHER HOSPITALS**

**ENLOE MEDICAL CENTER**

**(530) 332-7300**

1531 Esplanade

Chico, CA 95926

**MERCY MEDICAL CENTER**

**(530) 225-6000**

2175 Rosaline Ave. Ste A

Redding, CA 96001

**NORTHERN NEVADA MEDICAL CENTER**

**(775) 331-7000**

2375 E. Prater Way

Sparks, NV 89434

**RENOWN MEDICAL CENTER**

**(775) 982-4100**

1155 Mill Street

Reno, NV 89502

**SAINT MARY'S MEDICAL CENTER**

**(775) 770-3104**

235 W 6<sup>th</sup> Street

Reno, NV 89503

**SHASTA REGIONAL MEDICAL CENTER**

**(530) 244-5400**

1100 Butte Street

Redding, CA 96001

**CALIFORNIA FAMILY PLANNING HOTLINE**

**1-800-942-1054**

**CASA DE VIDA**

**(775) 329-1070**

1290 Mill St.  
Reno, NV 89502

**Services:** While some facing a crisis pregnancy have the support of a loving family, many others are less fortunate. Casa de Vida is a private, nonprofit corporation providing a home and support services for pregnant young women.

**Eligibility:** We offer our services to all regardless of race, color or creed. Women age 12-25 who has a child or is pregnant.

**Charges:** Casa De Vida is a non-profit organization. A nominal fee is charged based on ability to pay.

**CRISIS PREGNANCY CENTER**

**(775) 826-5144**

853 Haskell Street  
Reno, NV 89509

**24 Hour Hotline 1-800-395-HELP**

**Services:** Pregnancy tests, options counseling with trained peer counselors, pregnancy verification for social services, limited ultrasound for dating of pregnancy, ongoing support and friendship, post abortion counseling and education, and Daddy Academy. **Bilingual Services Available.**

**Eligibility:** Anyone

**Hours:**

1:00pm-6:00pm, Mon  
10:00am-6:00pm, Tues-Thurs  
10:00am-2:00pm, Fri

**Charges:** None

**FAR NORTHERN REGIONAL CENTER**

**(530) 257-5317**

**Susanville Office**

170 H Russell Ave., Suite H  
Susanville, CA 96130

**Fax: (530) 257-5526**

**Main Office**

PO Box 492418  
Redding, CA 96049-2418

**(530) 222-4791**

<https://www.farnorthernrc.org>

**Services:** Far Northern Regional Center provides the following services and supports to eligible individuals and their families:

**Case Management Services:** A Service Coordinator is assigned to each eligible individual to provide information, support and referral in order to assure that appropriate services are obtained. An Individual Program Plan (IPP) or Individualized Family Service Plan (IFSP) is developed and reviewed on a periodic basis.

**Diagnosis and Evaluations:** Developmental, hearing, medical, speech, vision, nursing, and nutritional evaluations may be provided to establish whether a person has or, in the case of an infant, is at risk for a developmental disability. These are completed by regional center staff or coordinated with service providers in the community.

**Health Services:** nursing, nutrition, and medical consultation services may be provided as necessary. The regional center will fund health services which are not covered by other funding sources, if the service is directly related to the developmental disability. The regional center is also responsible for admission to and discharge from State Developmental Centers (State Hospitals)

**Respite Care:** Respite services may be provided to relieve family members from the demanding responsibility of caring for a person with a developmental disability. Respite care may be provided in the family home or at another location as deemed necessary.

**Developmental Services:** These may include infant development programs, parent education, family training, speech therapy, hearing and vision evaluations, physical and occupational therapy, psychological services, and assistive technology services.

**Legal And Financial Services:** These may include court ordered evaluations, limited conservatorship services, representative payee services for governmental benefits, and the like.

**Eligibility:** Any resident of Butte, Modoc, Siskiyou, Glenn, Plumas, Tehama, Lassen or Trinity Counties with a developmental disability, regardless of age or income; disability must have originated before the age of 18; disability must constitute a substantial handicap. Developmental Disabilities include: intellectual disability, cerebral palsy, epilepsy, autism, and other conditions closely related to intellectual disabilities or requiring similar treatment.

**Charges:** In most cases, there are no costs for services unless families are involved in the Family Cost Participation Program

### **LASSEN H.E.A.R.T. PROGRAM**

**Direct Line: 1-800-838-1223**

1445 Paul Bunyan Road  
Susanville, CA 96130

**Services:** Lassen H.E.A.R.T. (Health Education and Resource Tool) is all about awareness, identification, connection, better access, and collaboration among service providers of all fields to families and children from pregnancy to age 21. Lassen H.E.A.R.T. works to identify children who are at risk of health, developmental, and/or behavioral and emotional problems, and getting them the help they need. It is a program to connect all services and service providers throughout the county and surrounding areas, as well as link families to these services or the information they need to ensure their children's healthy development. Lassen H.E.A.R.T. encourages, supports, and connects families to help their children grow, learn, and develop to their fullest potential. ASQ-3 developmental screening & ASQ-SE behavioral screenings for children ages 1 month to 5 and a half years are also provided.

**Hours:** 8:00am-5:00pm, Mon-Fri

### **LASSEN CHILD & FAMILY RESOURCES**

**(530) 257-9781**

472-013 Johnstonville Road  
Susanville, CA 96130

**Services:** Lassen Child and Family Resource offers a variety of information and resources to meet needs of children, parents, child care providers, agency personnel and the general public. Programs include Child Care Resource and Referral, and subsidized child care services.

**Child Care Referrals:** Provide brochures and information on parent and child issues, and referrals to licensed Child Care Centers and Family Child Care Homes.

**Licensing Assistance for child care providers:** Staff will provide information on licensing requirements, assistance in completion of the application and provision of resources in the administration and daily operation of a licensed Family Child Care Home and Child Care Center.

**Car Seats:** Convertibles for infants 5 pounds to 30 pounds or High Back Boosters for 20 pounds to 50 pounds are available for a six-month loan for a deposit of \$15.00 or purchase of \$45.00.

**Lending Library:** The resource lending library consists of toys, books, VHS, DVD, and games available to parents, providers, and the general public. Items may be borrowed for a two-week period at no cost. The library is open Monday-Friday.

**Trainings:** CPR and First Aid trainings are available several times a year. Provider trainings for Licensed Family Child Care Homes are also available on various aspects of caring for children.

**Subsidized Child Care Programs:** Subsidized child care for income-eligible families is available through Cal WORKS and other programs. There are several ways to qualify if you are working, going to school, or in a training program. A State Preschool program for 3 and 4 year olds is also available to qualifying families in Susanville and Westwood.

**RAINBOW Family Resource Center:** For families with children 0-3 years of age with high risk of developmental delay or disability

**Hours:** 8:00 am-4:30 pm. Drop-ins are welcome anytime. HOWEVER, a parent or guardian who is receiving cash aid can call for information or make an appointment after a referral, Passport to Services, and Welfare to Work Plan have been received from Lassen WORKS.

**Charges:** Services are provided at no cost to eligible families

**Eligibility:**

- Subsidized child care program eligibility
  - Stage 1-Current cash-aid recipient with children 0-10 years of age
  - Stage 2-Cash-aid recipient within the last 2 years
  - Stage 3- The family is income eligible and former cash aid recipient in the twenty-fourth (24th) month of eligibility for CalWORKs Stage 1 and/or 2 after leaving CalWORKs cash aid
  - Alternative Payment-Eligibility based on need and income
- Must live and/or work in Lassen County
- All other services provided regardless of income or age of children

**LASSEN COUNTY CHILDREN AND FAMILIES COMMISSION-FIRST 5**

**(530) 257-9600**

[www.lassenfirst5.org](http://www.lassenfirst5.org)

**Services:** The Lassen County Children and Families Commission (First 5 Lassen) is designed to support and encourage, on a countywide basis, a comprehensive, integrated, coordinated system of early childhood development services. The focus of the Commission is on quality health care, family strengthening, and early childhood education. The commission will support prevention and intervention programs for children, prenatal through five years of age, and their families. Oral health and home visiting services are priorities of First 5 Lassen. Meetings are open to the public and held six times a year (February, April, June, August, September, and October) at the office of Lassen Child & Family Resources, 336 Alexander Avenue, Susanville, California at 1:30pm.

**LASSEN COUNTY COMMUNITY SOCIAL SERVICES**

**(530) 251-8152**

P.O. Box 1359

1616 Chestnut Street

Susanville, CA 96130

**Lassen WORKS:** Phone: 530-251-8152, Fax: 530-251-8149

**Adult Services:** Phone: 530-251-8158, Fax: 530-251-2672

**Child & Family Services:** Phone: 530-251-8277, Fax: 530-251-2661

**Services:** Referral and resource for a full range of services including financial assistance, supplemental food program, resources for neglected, abused and/or molested children, adoption and/or abortion, adult protective services, services for seniors. WORKS stands for Work, Opportunity, and Responsibility to Kids.

**LASSEN COUNTY PUBLIC HEALTH DEPARTMENT**

1445 Paul Bunyan Road  
Susanville, CA 96130

**(530) 251-8183**

**MCAH Line: (530) 251-2461**

**H.E.A.R.T Line: 1-800-838-1223**

**Services:** Program services include, case management, policy development, public information, disease, prevention, health education, and community outreach. Lassen County Public Health provides extensive outreach programs including nutrition education, STD education, preconception health, perinatal guidance, handwashing education, flu prevention, disaster preparedness, oral health, physical activity, childhood lead poisoning prevention, and tobacco use reduction and prevention. Clinic services provided are; childhood immunizations, annual flu vaccinations, pregnancy, tuberculosis, STD, and lead testing, blood pressure checks, as well as free condoms anytime.

**Hours:** Office hours, 8:00am – 5:00pm, Clinic on Tues and Thurs, 1:00pm – 4:30pm

**M.A.M.A. CRISIS PREGNANCY CENTER**

472 Richmond Road  
Susanville, CA 96130

**(530) 257-6667**

**Services:** Pregnancy and abortion information, help for women facing crisis pregnancy, childbirth coaching, counseling and friendly support services, maternity and infant clothes, and pregnancy tests available. MAMA's Nearly New Treasures Thrift Store.

**Charges:** Free and confidential.

**Hours:**

10:00am-3:00pm, Mon-Fri

Thrift shop: 10:00am-3:00pm, Tues-Fri

**PATHWAYS TO CHILD & FAMILY EXCELLENCE**

2119 Main Street  
Susanville, CA 96130

**(530) 251-2997**

**Services:** The Lassen County 0 to 5 Home Visiting Program is designed to help residents with children 0 to 5 become more purposeful parents. This program is available to pregnant women and parents, both mothers and fathers who are residents of Lassen County and who have a child between the ages of birth to five years old. By building on strengths the parents already have, this program will cultivate nurturing parent-child relationships and empathetic child guidance. The Parents As Teacher's curriculum (PAT) is designed for pregnant women, families and children ages birth to 5 years old. The PAT curriculum is brought to the family's home via a PAT-Parent Educator and Healthy Families America certified Home Visitor. The Home Visiting Program is funded by FIRST-5 Lassen. The Parent Educators are staffed through PATHWAYS. The program utilizes the Parent Educators in order to provide services to families that cater to each family individually and responds to all their needs that may be met by participating County Agencies. ASQ-3 developmental screening & ASQ-SE behavioral screenings for children ages 1 month to 5 and a half years are also provided by PATHWAYS staff members. Supervised Visitation services are provided on site by Certified Visitation Monitors.

**W.I.C. (WOMEN, INFANTS, CHILDREN)**

**(530) 257-7094**

Part of Northeastern Rural Health Clinics  
1410 Chestnut Street  
Susanville, CA 96130

**Services:** Supplemental food program providing nutrition education, breastfeeding promotion, and pertinent referrals to eligible participants.

**Eligibility:** Women (pregnant, postpartum up to 12 months), Infants up to 12 months of age, and Children under the age of 5. Must live in Lassen County.

**Hours:**

Monday-Friday, 8:00am-5:00pm, open during lunch. Walk-ins welcome during Outreach days.

**Charges:** Must be income eligible and in a category listed above.

**FAMILY SOLUTIONS' WRAPAROUND**

**(530) 251-8340**

720 Richmond Road  
Susanville, CA 96130

**Services:** Wraparound is a family-centered, strengths based and needs driven planning process for children/youth and families that takes place in a team setting.

## Native American Services

### **LASSEN INDIAN HEALTH CENTER FAMILY SERVICES**

**(530) 257-2542**

795 Joaquin Street  
Susanville, CA 96130

[www.lihc.org](http://www.lihc.org)

**Services:** Individual, group, and family therapy to treat alcohol and drug abuse and mental health disorders for American Indians and non-Indian members of Indian households. Comprehensive youth program for prevention of these problems. Staff includes: mental health therapist, clinical psychologist, substance abuse counselor, and youth counselor. [www.courts.ca.gov/5807.htm](http://www.courts.ca.gov/5807.htm) is available for information and other services in Lassen County.

**Hours:** 8:00am – 12:00pm & 1:00pm – 5:00pm, Mon – Fri.

**Charges:** Contract and direct Indian services, Medi-Cal, Medicare and insurance accepted.

### **SUSANVILLE INDIAN RANCHERIA (SIR) EDUCATION PROGRAM**

**(530) 257-6264**

735 Joaquin Street  
Susanville, CA 96130

**Services:** College Scholarship program, afterschool tutoring (K-12), summer program (K-8), library, and cultural events.

**Eligibility:** Native American students who meet qualifications.

### **SUSANVILLE INDIAN RANCHERIA HOUSING AUTHORITY**

**(530) 257-5033**

**Services:** Housing for homeless Native Americans.

**Eligibility:** Any Native American family which meets our qualifications. **Hours:**

7:00am-6:00pm, Mon-Thurs

8:00am-5:00pm, Fri

**Charges:** Free.

## Pharmacies

### **OWENS PHARMACY**

**(530) 252-4315**

2920 A. Main Street

Susanville, CA 96130

**Services:** Full service pharmacy.

**Hours:**

9:00am-6:00pm, Mon-Fri

Closed, Sat-Sun

### **RITE AID PHARMACY**

**(530) 257-0603**

1615 Main Street

Susanville, CA 96130

**Services:** Full service pharmacy.

**Hours:**

8:00am-8:00pm, Mon-Fri 9:00am-

6:00pm, Sat 10:00am-6:00pm, Sun

### **WALGREENS PHARMACY**

**(530) 257-1020**

1725 Main Street

Susanville, CA 96130

**Services:** Full service pharmacy.

**Hours:**

8:00am-8:00pm, Mon-Fri 9:00am-

6:00pm, Sat 10:00am-6:00pm, Sun

### **WALMART PHARMACY**

**(530) 251-2100**

2900 Main Street

Susanville, CA 96130

Services: Full service pharmacy.

**Hours:**

9:00am-9:00pm, Mon-Fri

9:00am-1:15pm & 2:15pm-7:00pm, Sat

10:00am-1:15pm & 2:15pm-6:00pm, Sun

# Rape & Sexual Assault

## **COMPREHENSIVE SEXUAL ABUSE TREATMENT PROGRAM**

**(775) 329-0623**

575 E. Plumb Lane, Suite 100  
Reno, NV 89502

**Services:** Assists families in healing from incest and sexual abuse. Offers trauma, substance abuse, and EMDR treatment.

## **LASSEN COUNTY VICTIM / WITNESS ASSISTANCE**

**(530) 251-8281**

220 South Lassen St. Suite 8  
Susanville, CA 96130

Email: [LCVictimWitness@co.lassen.ca.us](mailto:LCVictimWitness@co.lassen.ca.us)

Upstairs of the Old Courthouse

**Services:** The Victim/Witness staff encourage crime victims to talk about their needs and listens to their wishes with compassion and a commitment to help. They work to provide crime victims with information, resources and respect as they navigate the often-turbulent waters of the criminal justice process. Should you or someone you know be victimized, it is important to understand the rights afforded to victims in our state. Some of the services provided are:

Information Services- Information about the Victim Witness Program, and the eligibility requirements for the services.

Counseling Services- Counseling services may include crisis counseling, counseling resource and referral services, and follow-up services.

Claims Assistance- Assistance in completing and mailing of the required financial claims forms with the State of California Victim Compensation Board (CalVCB).

Justice System Information Assistance- Assistance in understanding the criminal justice system, assistance and support during court appearances, and assistance in retrieving property held in evidence.

Notification Assistance- Assistance in the notifications of friends, relatives, and employer (as requested).

Restitution Assistance- Assistance in filing a claim for victim restitution, if applicable.

**Hours:** 9:00am-12:00pm & 1:00pm-4:00pm, Mon-Fri

## **LASSEN FAMILY SERVICES**

**(530) 257-4599**

1306 Riverside Drive  
Susanville, CA 96130

**Crisis Line (530) 257-5004**

[www.lassenfamilyservices.org](http://www.lassenfamilyservices.org)

**Mission:** Lassen Family Services, Inc. is committed to ending abuse in our community through prevention, healing, advocacy, safety, and education, compassionate intervention, and effective partnerships with local community and social service agencies that will support the victim's journey to empowerment.

**Services:** 24-Hour Crisis Line; Temporary Restraining Orders, emergency shelter and transitional housing, emergency transportation, food, and clothing, hospital & law enforcement accompaniment, crisis counseling and community referral, legal aid/court advocacy, domestic violence and sexual support groups, parenting classes, teen group, out-of-area transportation, prevention programs and presentations.

**Crisis Line:** Lines are answered 24 hours a day, 7 days a week, 365 a year by live, trained staff and volunteers, who provide culturally appropriate crisis intervention, counseling, information, resources, and referrals. In addition, a concerned friend, family member, or neighbor can call to receive information about how to safely offer someone help or direct him or her to resources.

**Hours:** 8:00am-5:00pm, Mon-Fri

**MODOC CRISIS CENTER / T.E.A.C.H.**

112 East 2nd Street

Alturas, CA 96101

**(530) 233-3111**

**Crisis (530) 233-4575**

**Toll Free 1-(855)-855-6745**

**Services:** 24 hour crisis hotline, emergency shelter, emergency transportation, individual and group counseling for women and children victims of domestic violence or sexual assault, advocacy, accompaniment to court and referral services, emergency food and clothing, TRO assistance, household establishment, rape prevention and community education presentations.

**Shelter Capacity:** 13 (plus 1 crib)

**Charges:** None

## Recreation

### **ANYTIME FITNESS**

**(530) 257-7770**

2635 Main Street  
Susanville, CA 96130

**Services:** Get to a healthier place at Anytime Fitness. Professional staff is trained to help you along your fitness journey. Membership includes a free, no-pressure fitness consultation, global access to more than 3,000 gyms, and is always open 24/7. Offer training and coaching services as well as group classes.

**Hours:** 24/7 access.

### **BIG VALLEY CHAMBER OF COMMERCE**

**(530) 294-5700**

P.O. Box 452  
Bieber, CA 96009

**Services:** For information on Bieber events, recreation, clubs, and organizations.

### **BUREAU OF LAND MANAGEMENT**

**(530) 257-0456**

2950 Riverside Drive  
Susanville, CA 96130

**Services:** BLM manages 15.2 million acres of public lands in California, nearly 15% of the state's land area, and 1.6 million acres in northwestern Nevada. Provide information on recreation opportunities, hiking, fishing, bird watching, hunting, mountain biking, off-highway vehicle riding, river recreation, rockhounding, gold panning, scenic drives, snow sports, target shooting, trails, and wildlife and wildflower watching. For more information on BLM, visit [www.blm.gov/ca/](http://www.blm.gov/ca/).

### **CITY OF SUSANVILLE**

**(530) 257-1000**

66 North Lassen  
Susanville, CA 96130

[info@cityofsusanville.org](mailto:info@cityofsusanville.org)

**Services:** For information go to [www.cityofsusanville.org](http://www.cityofsusanville.org)

### **CITY OF SUSANVILLE PARKS AND RECREATION**

**(530) 257-1031**

75 N. Weatherlow  
Susanville, CA 96130

**Services:** Offers a variety of physical activity and recreational programs that vary monthly and seasonally. Age requirements, skill levels, and fees vary by program. Call for more information.

### **COPPERVALE SKI HILL**

**(530) 257-9965**

723 State Hwy. 36

**Services:** Located between Susanville and Westwood, Coppervale Ski Area offers a great opportunity for beginners, families, and advanced skiers. Free snowboards, skis and boots, are available for loan at Coppervale. Daily lift tickets, half-day passes and season passes are available. For more information or current conditions, call or visit [www.lassencollege.edu/about-us/aboutthe-are/coppervale](http://www.lassencollege.edu/about-us/aboutthe-are/coppervale).

**Hours:**

1:00pm-4:30pm, Tues and Thurs

9:30am-4:00pm, Sat and Sun

Open holidays, weather permitting

**DIAMOND MOUNTAIN GOLF CLUB**

**(530) 257-2520**

470-895 Circle Drive  
Susanville, CA 96130

**Services:** 18-hole, par 71, public course. Open daily 7 AM during season. Lessons available. Discounts for juniors.

**DIAMOND MOUNTAIN SPEEDWAY**

**(530) 251-8900**

195 Russell Avenue  
Susanville, CA 96130

**Hours:** 8:00am-5:00pm

**EAGLE LAKE RECREATION AREA**

**(530) 825-3454**

P.O. Box 1771  
Susanville, CA 96130

**Services:** Camping, fishing, boat rentals, and beach/swim area. For more information call or visit [www.eaglelakerecreationarea.com](http://www.eaglelakerecreationarea.com).

**HIBBITS FAMILY MARTIAL ARTS & FITNESS**

**(530) 251-3993**

805 Main Street  
Susanville, CA 96130

**Services:** Martial arts for all ages, self-defense, fitness, and CPR classes.

**Hours:** 4:00pm-8:00pm, Mon-Thurs

**HOUSE OF DANCE**

**(530) 249-5255**

718 Main Street  
Susanville, CA 96130

**Services:** Dance instruction for various age groups in ballet, hip-hop, jazz, ballroom, and lyrical.

**Hours:** Vary by class.

**IRON HORSE GYM**

**(530) 251-4985**

711 Main Street  
Susanville, CA 96130

**Services:** Full gym, personal training, Zumba, MMA, Aerobics, and Cross Training.

**J and J PERFORMING ARTS**

**(530) 260-1575**

38 N. Lassen Street  
Susanville, CA 96130

[jandjperformingarts.com](http://jandjperformingarts.com)

**Services:** We offer training in ballet, jazz, hip-hop, tumbling, acro dance, clogging, mommy & me and modern dance. Classes for ages 18 months to mature adults. J and J has a national ranked competitive dance team and is the home of the Susanville City Kickettes.

**JOAN'S STUDIO OF DANCE**

**(530) 257-3197**

110 S. Gay St.  
Susanville, CA 96130

[www.joansstudioofdance.com](http://www.joansstudioofdance.com)

**Services:** Ballet (Checchetti graded method), tap, jazz, and ballroom dancing lessons. Ages 3 ½ & up. Individual or group lessons.

**LASSEN COUNTY CHAMBER OF COMMERCE**

P.O. Box 338  
75 N. Weatherlow Street  
Susanville, CA 96130  
**Hours:** 9:00am-4:00pm, Mon-Fri

**(530) 257-4323**  
[www.lassencountychamber.org](http://www.lassencountychamber.org)

**LASSEN COUNTY FAIR**

195 Russell Avenue  
Susanville, CA 96130

**(530) 251-8900**

**LASSEN COUNTY TIMES**

100 Grand Avenue  
Susanville, CA 96130

**(530) 257-5321**  
[www.lassennews.com](http://www.lassennews.com)

**Services:** For information and events call or visit [www.lassennews.com](http://www.lassennews.com).

**LASSEN LAND AND TRAILS TRUST**

601 Richmond Road  
Susanville, CA 96130

**(530) 257-3252**  
[www.lassenlandandtrailstrust.org](http://www.lassenlandandtrailstrust.org)

**Services:** Lassen Land and Trails Trust works to conserve rich and diverse natural areas and agricultural landscapes, which support water resources, habitats and scenic vistas that make Lassen County ‘home’ for people and wildlife. The Trust also works to enhance and promote a dynamic network of regional trails for all to enjoy. For more information visit [www.lassenlandandtrailstrust.org](http://www.lassenlandandtrailstrust.org).

**LASSEN NATIONAL FOREST**

2550 Riverside Drive  
Susanville, CA 96130  
**Hours:** 8:00am-4:30pm, Mon-Fri

**(530) 251-2151**  
[www.fs.usda.gov/lassen](http://www.fs.usda.gov/lassen)

**Pacific Crest Trail**  
**Bizz Johnson Trail**  
**Wilderness areas**  
**Caribou Wilderness**  
**Ishi Wilderness**

**LASSEN NATIONAL FOREST EAGLE LAKE RANGER DISTRICT**

477-050 Eagle Lake Road  
Susanville, CA 96130  
**Hours:** 8:00am-4:30pm

**(530) 257-4188**  
[www.fs.usda.gov/lassen](http://www.fs.usda.gov/lassen)

**LASSEN VOLCANIC NATIONAL PARK**

P.O. Box 100  
38050 Highway 36 East  
Mineral, CA 96063

**(530) 595-4480**  
[www.nps.gov/lavo](http://www.nps.gov/lavo)

**NEW IMAGE RACQUETBALL & FITNESS CENTER**

**(530) 257-9525**

1717 Main Street  
Susanville, CA 96130

Services: Step, Mo's Boot Camp, P90X, Yoga, Kickboxing, Circuit training, Zumba, and PiYo. Cardio and free weight machines, ellipticals, treadmills, stairmaster, free weights, racquetball, handball, basketball, Jacuzzi, sauna, and massage therapy. Monthly fees vary from \$40.00 to \$53.00 a month.

**Hours:**

5:00am-9:00pm, Mon-Fri  
9:00am-8:00pm, Sat 12:00pm-  
6:00pm, Sun

**ROOP'S FORT MUSEUM/LASSEN HISTORICAL MUSEUM**

**(530) 257-3292**

75 N. Weatherlow  
Susanville, CA 96130

<http://www.sierranevadageotourism.org>

**Services:** Home to many historic items from previous centuries, including authentic arrowhead collections, Native American Art, last pieces of historic uptown business, old weapons, bottles, photographs, and more from the 1850's to present day. Roop's Fort is the oldest building in the County. Built in 1854, it originally served as a trading post for early emigrants.

**SIERRA THEATRE AND UPTOWN CINEMA**

**(530) 257-7469**

819 Main Street (Sierra)  
501 Main Street (Uptown)  
Susanville, CA 96130

**Services:** Movie theatre. Visit [www.sierratheatreanduptowncinemas.com](http://www.sierratheatreanduptowncinemas.com).

**SUSANVILLE RAILROAD DEPOT**

**(530) 257-3252**

P.O. Box 1461  
601 Richmond Road  
Susanville, CA 96130

**WESTWOOD AREA CHAMBER OF COMMERCE**

**(530) 256-2456**

P.O. Box 1247  
Westwood, CA 96137

[www.westwoodareachamber.com](http://www.westwoodareachamber.com)

## Self-Help Resources

### **AL-ANON**

**(530) 252-1019**

1400 Chestnut Street, Bldg A

Susanville, CA 96130

Services: Al-Anon is for families and friends of alcoholics/problem drinkers.

### **ALCOHOLICS ANONYMOUS**

**(530) 257-2880**

44A South Gay Street

**(877) 880-2880**

Susanville, CA 96130

**Services:** Self-help program of recovery from the disease of alcoholism.

**Hours:** 24-hour answering service. Call phone number above or check local newspaper (530)257-5321, [www.lassennews.com](http://www.lassennews.com) for meeting information in Susanville, Westwood, and Big Valley.

**Charges:** Free.

### **AURORA WELLNESS SUPPORT**

**(530) 827-2401**

815 Cottage Street

Susanville, CA 96130

**Services:** For women ages 12-18. Meets Thursdays from 3:30pm-5:00pm.

### **CALIFORNIA SMOKER S' HELPLINE**

**(800) 273-8255**

### **CO DEPENDENTS ANONYMOUS**

**(530) 260-3512**

500 Birch Street

Westwood, CA 96137

**Services:** 12 step program for individuals seeking healthy and fulfilling relationships.

### **COMPULSIVE EATERS ANONYMOUS**

**(530) 310-2117**

For information and meeting times and places, call the above number or visit [www.ceahow.org](http://www.ceahow.org).

### **CRYSTAL METH ANONYMOUS**

**(530) 257-5321**

50 S. Weatherlow Street

Susanville, CA 96130

Services: For meeting times, check the local newspaper or call the above number.

### **EMPOWERMENT CLASS**

**(530) 249-5030**

2314 Main Street

Susanville, CA 96130

### **LASSEN COUNTY SUBSTANCE USE DISORDERS**

**(530) 251-8112**

1400 A Chestnut Street

Susanville, CA 96130

**Services:** Help and treatment plans for substance use disorders.

<b><u>LASSEN COUNTY KIDNEY SUPPORT GROUP</u></b>	<b>(530) 310-5133</b>
Banner Lassen Medical Center Shasta Room 1800 Spring Ridge Drive Susanville, CA 96130 <b>Services:</b> Patients with chronic kidney disease or are on dialysis welcome.	
<b><u>MULTIPLE SCLEROSIS SUPPORT GROUP (MOPS)</u></b>	<b>(530) 257-9139</b>
112 S. Mesa Street Susanville, CA 96130	
<b><u>NARCOTICS ANONYMOUS (NAMI)</u></b>	<b>(530) 257-5321</b>
1855 B Main Street Susanville, CA 96130 Services: For meeting times, check the local newspaper or call the above number.	
<b><u>NATIONAL DOMESTIC VIOLENCE LINE</u></b>	<b>(800) 799-7233</b>
<b><u>NATIONAL RUNAWAY SAFELINE</u></b>	<b>1 (800) 786-2929</b>
24/7 Call line	
<b><u>NATIONAL SUICIDE PREVENTION LIFELINE</u></b>	<b>1 (800) 273-8255</b>
<b><u>NICOTINE ANONYMOUS</u></b>	<b>(530) 257-5321</b>
Meeting at: 1307 Modoc Street Susanville, CA 96130 Services: For meeting times, check the local newspaper or call the above number.	
<b><u>OVEREATERS ANONYMOUS</u></b>	<b>(530) 260-3512</b>
2001 Paul Bunyan Road Susanville, CA 96130 Services: Overeaters, bulimics, anorexics, men, women and teens welcome who have a desire to stop eating compulsively.	
<b><u>PROGRESSIVE DISCOVERY GROUP</u></b>	<b>(530) 251-8108</b>
555 Hospital Lane Susanville, CA 96130 <b>Services:</b> Participants will learn effective skills, workable on a daily basis, to overcome depression and anxiety.	
<b><u>RED ROAD TO WELLBRIETY RECOVERY CLASSES</u></b>	<b>(530) 249-5030</b>
2314 Main Street Susanville, CA 96130	

**SUSANVILLE SUPPORT GROUP**

**(530) 257-6264**

Indian Elder Council Club House  
735 Joaquin Street  
Susanville, CA 96130

**TOPS (TAKE OFF POUNDS SENSIBLY)**

**(530) 253-3909**

1618 Main Street  
Susanville, CA 96130  
Services: Weight loss support.

**WOMEN'S 12 STEP SUPPORT GROUP**

**(530) 257-8348**

1155 North Street  
Susanville, CA 96130

**WOMEN'S SUPPORT GROUP**

**(530) 256-2456**

Corner of Ash and Third Streets  
P.O. Box 1247  
Westwood, CA 96137

# Senior Resources & Services

For information on Senior Resources in Lassen County call (530) 257-2113

## LASSEN SENIOR SERVICES

(530) 257-2113

1700 Sunkist Avenue  
Susanville, CA 96130

1-800-822-9687

**Services:** Lassen Senior Services is a non-profit organization dedicated to providing programs and services which enhance the health and well-being of the senior citizens of Lassen County. Lassen Senior Services offer a Nutrition Program: 3 sites for congregate meals; Meals on Wheels for homebound seniors, and transportation to Susanville congregate lunch site. They also offer transportation to medical appointments in Susanville and alternating Tuesdays and Thursdays to Reno. They provide senior Computer classes and Tai Chi exercise classes.

**Eligibility:** 60 years of age or older.

**Hours:** 9:00am-2:00pm, Mon-Fri, Closed Thurs

**Charges:** Suggested donation of \$3.50 per senior meal. In town transportation of \$1.00 and Reno is a suggested donation of \$25.00.

## BENEFITS INFORMATION

### HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM

(530) 223-0999

Services: Program that assists the public in comparing, understanding, and avoiding abuses of health insurance policies.

### MEDI-CAL

1 (800) 430-4263

Lassen WORKS

(530) 251-8152

### MEDICARE

1 (800) 633-4227

### SOCIAL SECURITY ADMINISTRATION

(530) 257-2032

2603 Riverside Drive  
Susanville, CA 96130

### VETERAN'S BENEFITS

(530) 251-8192

## BURIAL ARRANGEMENT SERVICES

### WALTON'S COLONIAL MORTUARY

(530) 257-4414

## **ELDER ABUSE**

### **Lassen County Adult Protective Services**

720 Richmond Rd.  
Susanville, CA 96130

**Services:** APS is an emergency response system that provides in-person response 24/7 to referrals or reports of abuse or neglect to an elder or dependent adult, for the purpose of providing immediate intake or intervention, or both. APS also provides emergency shelter, or in-home protection, as well as information and referrals for community resources.

**Hours:** 8:00am – 5:00pm, Mon-Fri

**(530) 251-8158**

After Hours: (530)257-6121  
(Sheriff's Dispatch)

## **EMPLOYMENT**

### **LASSEN CAREER NETWORK**

**(530) 257-5057**

### **LASSEN WORKS**

**(530) 251-8152**

## **EMERGENCY SERVICES**

### **FOR ALL EMERGENCIES, DIAL 9-1-1**

### **POISON CONTROL**

**1 (800) 222-1222**

## **HEALTHCARE**

### **BIG VALLEY HEALTH CENTER**

**(530) 294-5241**

### **LASSEN COUNTY BEHAVIORAL HEALTH**

**(530) 251-8128**

### **LASSEN COUNTY PUBLIC HEALTH**

**(530) 251-8183**

### **LASSEN INDIAN HEALTH CENTER**

**(530) 257-2542**

### **NORTHEASTERN RURAL HEALTH CLINIC**

**(530) 251-5000**

### **PHARMACY**

**See page: 87**

### **VETERANS AFFAIRS DIAMOND VIEW OUTPATIENT CLINIC**

**(530) 251-4550**

### **WESTWOOD FAMILY PRACTICE**

**(530) 256-3152**

### **URGENT CARE**

**(530) 251-5000**

## **HOSPICE**

### **HONEY LAKE HOSPICE**

**(530) 257-3137**

### **SIERRA HOSPICE**

**(530) 258-3412**

## **HOSPITALS**

### **BANNER LASSEN MEDICAL CENTER**

**(530) 252-2000**

### **SENECA DISTRICT HOSPITAL**

**(530) 258-2151**

## **OTHER HOSPITALS**

### **ENLOE MEDICAL CENTER**

**(530) 332-7300**

1531 Esplanade  
Chico, CA 95926

### **NORTHERN NEVADA MEDICAL CENTER**

**(775) 331-7000**

2375 E. Prater Way  
Sparks, NV 89434

**MERCY MEDICAL CENTER**

**(530) 225-6000**

2175 Rosaline Ave. Ste A  
Redding, CA 96001

**SAINT MARY'S REGIONAL MEDICAL CENTER**

**(775) 770-3104**

235 W 6<sup>th</sup> Street  
Reno, NV 89503

**RENOWN MEDICAL**

**CENTER (775) 982-4100**

1155 Mill Street

**SHASTA REGIONAL MEDICAL**

**CENTER (530) 244-5400**

1100 Butte Street  
Redding, CA 96001

**IN-HOME HEALTH CARE**

**QUINCY HOME MEDICAL CENTER**

**(530) 257-4100**

2930 Riverside Drive  
Susanville, CA 96130

**Services:** Provide home health care, occupational and physical therapy, nursing, and home help aid.

**HOUSING AND FACILITIES**

**LOW INCOME HOUSING ( SENIORS )**

**Lassen Manor**

205 North Mesa  
Susanville, CA 96130  
**(530) 257-0888**

**Susan River Apartments**

1625 Riverside Dr.  
Susanville, CA 96130  
**(530) 257-0800**

**Westwood Senior**

**Apartments**

671-315 Finland Drive  
Westwood, CA 96137  
**(530) 256-3754**

**LEGAL SERVICES**

**ACCESS TO JUSTICE CENTER**

**(530) 251-8353**

**LASSEN COUNTY PUBLIC GUARDIAN**

**(530) 251-8337**

**LASSEN COUNTY MENTAL HEALTH PATIENT ADVOCATE**

**(530) 251-8322**

**LEGAL SERVICES OF NORTHERN CALIFORNIA**

**1 (800) 822-9687**

**MEDICAL EQUIPMENT**

**ACCELLENCE HOME MEDICAL**

**(530) 257-8202**

305 Ash Street  
Susanville, CA 96130

**LINCARE**

**(530) 257-7513**

1545 Paul Bunyan Road  
Susanville, CA 96130

**OWENS PHARMACY**

**(530) 252-4315**

2920 A. Main Street  
Susanville, CA 96130

**PACIFIC PULMONARY**

**(530) 257-3321**

702-910 Johnstonville Road  
Susanville, CA 96130

## **NUTRITION**

<b><u>BIG VALLEY FAMILY RESOURCE CENTER</u></b>	<b>(530) 294-5700</b>
<b><u>BIG VALLEY SENIOR CENTER</u></b>	<b>(530) 294-5464</b>
<b><u>CROSSROADS MINISTRIES</u></b>	<b>(530) 251-0701</b>
<b><u>DOYLE SENIOR CENTER</u></b>	<b>(530) 827-2271</b>
<b><u>FORT SAGE FAMILY RESOURCE CENTER</u></b>	<b>(530) 827-3007</b>
<b><u>SUSANVILLE SENIOR CENTER</u></b>	<b>(530) 257-2113</b>
<b><u>WESTWOOD SENIOR CENTER</u></b>	<b>(530) 256-3009</b>

## **TRANSPORTATION**

<b><u>DIAL-A-RIDE</u></b>	<b>(530) 252-7433</b>
<b><u>LASSEN INDIAN RANCHERIA</u></b>	<b>(530) 251-5164</b>
<b><u>LASSEN RURAL BUS</u></b>	<b>(530) 252-7433</b>
<b><u>LASSEN SENIOR SERVICES MEDICAL VAN</u></b>	<b>(530) 257-2113</b>
<b><u>SUSANVILLE EXPRESS CAB &amp; SHUTTLE</u></b>	<b>(530) 257-5277</b>
<b><u>VETERAN'S SERVICES</u></b>	<b>(530) 251-8193</b>

## Substance Abuse Treatment & Prevention (Substance Abuse Disorders, SUDs)

### ALCOHOLICS ANONYMOUS HOTLINE

(530) 257-2880

### LASSEN COUNTY BEHAVIORAL HEALTH

(530) 251-8112

1400 A Chestnut Street  
Susanville, CA 96130

FAX (530) 251-5884

**Out-patient Services:** Individual, group, and family counseling; adult and juvenile referrals; structured out-patient program; adult education, PC 1000, PC 1210, codependent program and relapse prevention. Public lending library of video and audio tapes. Dual diagnosis for adults and juveniles. Community Adolescent NA / AA meeting; Teen Live program.

**PROMISES Perinatal Program:** Structured outpatient program, relapse prevention, recovery program referrals, in home visitation, and child care referrals.

**Community Services:** Public speaking, educational classes, school presentations, public information, pamphlets, crisis intervention, and referrals.

**Continuing Care Program:** Detox referrals; Recovery Program referrals (residential treatment); drop-in center for supportive atmosphere; re-entry services.

**Eligibility:** Volunteer or referral for counseling.

**Hours:** 8:00am-5:00pm, Mon-Fri

**Charges:** A fee for service agency, all services on a sliding scale basis. Medi-Cal accepted.

### LASSEN COUNTY PUBLIC HEALTH TOBACCO USE REDUCTION PROGRAM

(530) 251-8183

1445 B Paul Bunyan Rd.  
Susanville, CA 96130

[www.dandydragon.org](http://www.dandydragon.org)

**Services:** Cessation program for teens, self-help resources for adults. Home of Dandy the Smokeless Dragon.

**Hours:** 8:00am-5:00pm, Mon-Fri

*California Smoker's Helpline: 1-800-NO-BUTTS*

*California Chewer's Helpline: 1-800-844-CHEW*

*To report illegal tobacco sales: 1-800-5ASK-4-ID*

### LASSEN INDIAN HEALTH CENTER FAMILY SERVICES

(530) 257-2542

795 Joaquin Street  
Susanville, CA 96130

**Services:** Individual, group, and family therapy to treat alcohol and drug abuse and mental health disorders for American Indians and non-Indian members of Indian households. Comprehensive youth program for prevention of these problems. Staff includes: mental health therapist, clinical psychologist, substance abuse counselor, and youth counselor.

**Hours:** 8:00am-12:00pm & 1:00pm-5:00pm, Mon-Fri

**Charges:** Contract and direct Indian services, Medi-Cal, Medicare and insurance accepted.

**PERINATAL SERVICES FOR SUBSTANCE USE RECOVERY**

**(530) 252-8112**

1400 A Chestnut Street

Susanville, CA 96130

**Services:** Individual and couples therapy, domestic violence and safety, child welfare, living in balance, life skills development, relapse prevention, family recovery, building partners, interactive parenting, women's whole health, and trauma recovery. Offering a women's specific treatment program that includes, daily discussion and support groups, programs for criminal justice or CFS involved clients, referrals to residential treatment, case management, transportation to medical appointments, recovery activities, baby bonding, and after care.

**Hours:** 8:00am-7:00pm, Mon-Fri

# Suicide Prevention

## **LASSEN COUNTY BEHAVIORAL HEALTH DEPARTMENT**

555 Hospital Lane  
Susanville, CA 96130

**Services:** Adult and Children's Services Assessment, psychological testing, individual therapy, group therapy, case management services, medication support, therapeutic behavior services, rehabilitation services, and adult socialization.

**Hours:** 24-Hour Crisis Intervention. Business office open 8:00 am- 5:00 pm, Mon-Fri

**(530) 251-8108**

**24 Hour Emergency : 1-888-530-8688**

## **LASSEN FAMILY SERVICES**

1306 Riverside Drive  
Susanville, CA 96130

**Mission:** Lassen Family Services, Inc. is committed to ending abuse in our community through prevention, healing, advocacy, safety, and education, compassionate intervention, and effective partnerships with local community and social service agencies that will support the victim's journey to empowerment.

**Services:** 24-Hour Crisis Line; Temporary Restraining Orders; emergency shelter and transitional housing; emergency transportation, food, and clothing; hospital & law enforcement accompaniment; crisis counseling and community referral; legal aid/court advocacy; domestic violence and sexual support groups; parenting classes; teen group; out-of-area transportation; prevention programs and presentations.

**Crisis Line:** Lines are answered 24 hours a day, 7 days a week, 365 a year by live, trained staff and volunteers, who provide culturally appropriate crisis intervention, counseling, information, resources, and referrals. In addition, a concerned friend, family member, or neighbor can call to receive information about how to safely offer someone help or direct him or her to resources.

**Hours:** 8:00am-5:00pm, Mon-Fri

**(530) 257-4599**

**Crisis Line (530) 257-5004**

[www.lassenfamilyservices.org](http://www.lassenfamilyservices.org)

## **National Suicide Prevention Lifeline**

**1-800-273-8255**

# Transportation

<u>DIAL-A-RIDE</u>	(530) 252-7433
<u>LASSEN INDIAN RANCHERIA</u>	(530) 251-5164
<u>LASSEN RURAL BUS</u>	(530) 252-7433
<u>LASSEN SENIOR SERVICES MEDICAL VAN</u>	(530) 257-2113
<u>SUSANVILLE EXPRESS CAB &amp; SHUTTLE</u>	(530) 257-5277

# Utilities

**CITY OF SUSANVILLE PUBLIC WORKS**

**(530) 257-1041**

720 South Street

Susanville, CA 96130

Services: Visit [www.susanvillepublicworks.org](http://www.susanvillepublicworks.org) for utility information.

**FRONTIER COMMUNICATION**

**Residence 1-800-921-8101**

**[www.frontier.com](http://www.frontier.com)**

**Business 1-800-921-8102**

**LASSEN MUNICIPAL UTILITY DISTRICT – LMUD (Electric)**

**(530)257-4174**

65 S. Roop St.

**FAX (530) 257-2558**

Susanville, CA 96130

**Hours:**

8:30am-4:30pm, Mon-Thurs

8:30am-11:45am & 1:30pm-4:30pm, Fri

**PLUMAS SIERRA RURAL ELECTRIC CO-OP**

**(530) 832-4261**

73233 State Route 70

Portola, CA 96122

**Hours:** 8:00am-5:00pm

# Veteran's Services

## **LASSEN COUNTY VETERANS SERVICES**

**(530) 251-8192**

Veterans Memorial Building  
1205 Main Street  
Susanville, CA 96130

[www.co.lassen.ca.us/dept/veterans-services/veterans-services-home](http://www.co.lassen.ca.us/dept/veterans-services/veterans-services-home)

**Services:** Advice regarding rights and services for veterans regarding compensation, pension, education, or vocational rehabilitation, insurance, loans, and hospitalization and medical benefits. Also assistance in obtaining supporting documents and advice in preparing claims. Information and referrals for Agent Orange exposure, alcoholism and drug treatment programs, State of California Veterans benefits, Veteran home loans, hospital care, outpatient medical and dental care, Small Business Administration programs, employment and job search resources. See website for full list of services.

**Hours:** 8:00am-12:00pm and 1:00pm-5:00pm, Mon-Thurs. Fri, by appointment only

## **SOARING EAGLE BLUE STAR MOMS**

**(530) 257-5085**

Veterans Memorial Hall  
1205 Main Street  
Susanville, CA 96130

[www.soaringeaglebluestarmoms.com](http://www.soaringeaglebluestarmoms.com)

## **U.S. DEPARTMENT OF VETERANS AFFAIRS**

810 Vermont Avenue  
NW Washington DC, 20420  
[www.va.gov](http://www.va.gov)

**Benefits- 1 (800) 827-1000**  
**Health Care- 1 (877) 222-8387**  
**Crisis Line- 1 (800) 488-8244**

## **VETERANS AFFAIRS DIAMOND VIEW OUTPATIENT CLINIC**

**(530) 251-4550**

110 Bella Way  
Susanville, CA 96130

**Services:** Provide a variety of medical and health care services to veterans.

# Emergency Preparedness Guide



## How to Use 9-1-1

**Call 9-1-1 only to report a life-threatening situation requiring police, medical or fire emergency assistance. Do not call 9-1-1 unnecessarily. 9-1-1 lines must be kept open for people with true emergencies.**

### When to call 9-1-1

- To get help for someone who is hurt. For example:
  - If someone is seriously injured.
  - If you see someone hurt in an accident.
- If you see someone acting suspiciously, stealing, or breaking into a home or building.
- If you smell smoke or see a fire.
- If you see someone being robbed or beaten.
- If you believe emergency assistance may be needed but are not sure, call 9-1-1 and describe the situation.
- If you call 9-1-1 by accident, don't hang up. Explain what happened to the 9-1-1 operator.

### When not to call 9-1-1

In the event of a natural disaster or emergency, minimize your calls to 9-1-1 unless it's a life-threatening police, medical or fire emergency. The following guide should help you determine when it is appropriate to call 9-1-1 in a disaster.

- Never call 9-1-1 as a joke.
- Never call 9-1-1 to ask for information.
- Never call just to see if 9-1-1 is working.
- Stay off the telephone unless you have a critical need to make a telephone call.
- Do not call 9-1-1 unless you need emergency response from police, fire or emergency medical personnel.
- If you experience other types of problems not related to these emergency services, call the appropriate telephone number for those services.

### Other emergency phone tips

- If you pick up your telephone to make a call and do not hear a dial tone, do not hang up. Simply wait a few seconds, and you will get a dial tone and be able to make your call.
- Do you have an out-of-area contact? In an emergency, local phone lines could be jammed. If you have a friend or relative to call long distance, you should be able to get through. Your family can leave messages for each other and you can let people know you're okay.

### What to say when you call 9-1-1

- Tell the person what is wrong.
- Tell the person your name, address and telephone number.
- Do not hang up until they tell you that you should; they may have to ask you more questions.

### Keep phone lines clear during emergencies

- During emergencies, telephone services become overloaded. You can help keep service available for those who need it most by making only calls that are critical. Limit fax machine and computer use as well; their use also ties up phone lines.

### What if a 9-1-1 caller doesn't speak English?

- When necessary, a 9-1-1 call take can add an interpreter from an outside service to the line. A caller may hear a short conversation in English & some clicking sounds as the interpreter is added to the line.

# Helping Children After a Disaster

**It's important to remember some children may never show distress, while others may not give evidence of being upset for several weeks or even months after an emergency.**

**Other children may not show a change in behavior, but may still need your help.**

## **Children could exhibit the following behaviors after a disaster:**

- Be upset or over the loss of a favorite toy or possession that is important to them
- Change from being quiet, obedient and caring to loud, noisy and aggressive, or change from being outgoing to shy and afraid.
- Develop night-time fears (nightmares, fear of the dark or sleeping alone).
- Be Afraid the event will reoccur.
- Become easily upset.
- Lose trust in adults. (After all, their adults were not able to control the disaster.)
- Revert to younger behavior (bed-wetting, thumb-sucking).
- Want to stay close to parents. Refuse to go to school or daycare.
- Feel they caused the disaster because of something they said or did.
- Become afraid of wind, rain or sudden loud noises.
- Have symptoms of illness, such as headaches, vomiting or fever.
- Worry about where they and their family will live.

## **Things parents can do to help their children**

- Talk with children about how they are feeling, assure them that it's okay to have those feelings.
- Help children learn to use words that express their feelings, such as "happy," "sad," or "angry."
- Children should not be expected to be brave or tough. Tell them it's okay to cry.
- Don't give children more information than they can handle about the disaster.

- Assure fearful children you will be there to care for them; consistently reassure them.
- Go back to former routines as soon as possible. Maintain a regular schedule for children.
- Reassure children that the disaster was not their fault.
- Let children have some control, such as choosing clothing or what meal to have for dinner.
- Re-establish contact with extended family.
- Health your children learn to trust adults again by keeping promises you make.
- Help your children regain faith in the future by making plans.
- Get needed health care<sup>3</sup> as soon as possible.
- Spend extra time with your children at bedtime
- Make sure children eat healthy meals and get enough rest.
- Allow special privileges for short period of time, such as leaving the light on when they go to bed.
- Find ways to emphasize to your children that you love them.
- Allow children time to grieve losses.
- Develop positive anniversary activities to commemorate the event. These may bring tears, but they are also a time to celebrate survival and the ability to get back to a normal



Children are able to cope better with a traumatic event if parents and other adults support and help them with their experiences. Help should start as soon as possible after the event.



## Getting Medicine During A Public Health Emergency

The Strategic National Stockpile is a federal government program that provides Medication and medical supplies to states during an emergency

### When Help is needed fast

If a disease outbreak, bioterrorism attack or natural disaster happens in California, thousands—possibly millions—of people will need medical attention to treat or prevent the spread of disease. Local medical supplies and medications will be used up quickly during such a public health emergency.

The Strategic National Stockpile (SNS) helps meet the need for additional supplies by quickly delivering large quantities of critical emergency medicines and supplies to states that request them.

In the event of a disaster, outbreak or attack our Governor will ask the federal government to send SNS shipments to California. Once help is approved, the SNS will fill the request from storage facilities strategically located around the country. Supplies can be delivered to any state within 12 hours of the request. Depending on the type of emergency, the SNS will deliver antibiotics, chemical antidotes, antitoxins or other medical or surgical items. Additional drugs and/or medical supplies can be supplied with the following 24 to 36hours.

When SNS shipments are received, California's emergency response workers will immediately deliver the supplies and medications directly to the communities that need them.

### Finding medications during an emergency

- Cities and towns in California will set up emergency medication centers (also known as points of dispensing sites known as PODS) where people can pick up the emergency medications or receive vaccinations. Medication centers will be located in large public buildings such as schools, arenas or churches in several geographic areas to minimize the amount of time people need to

travel to reach them.

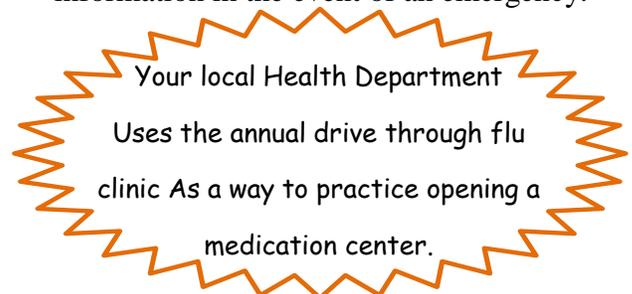
Your local Health Department will announce when medication centers will open, where to find them, how to get there, what to bring and what to expect. You will be able to get this important information from sources that include:

- Television and radio news; newspapers.
- State and local public health and emergency management websites.
- Community, civic and religious organizations.

Local governments are responsible for determining the location of medication centers in their areas. In many cases these sites will not be made public until an emergency occurs. Not all medication center sites will be used for every emergency, so it will be important to check the resources listed above for current information in the event of an emergency.

### At the medication center

- If medication centers are opened to distribute medicine from the SNS in an emergency, there will be no charge to the public.
- Trained staff will be available to assist you at the medication center.
- The process will be simple.
- Depending on the type of emergency, one person may be able to pick up medications for a household or group.
- Check the resources listed above for current information in the event of an emergency.



# Household Fires

**Fires in homes are most often caused by cooking accidents, smoking or unsafe Use of woodstoves or spare heaters. Here are some things you can do to avoid a home fire or protect yourself during a fire.**



## Protecting against fires

- Install smoke detectors in or near all sleeping areas and on every level of your home, including the basement. Check smoke detectors on a regular basis and replace the batteries twice yearly.
- Have A-B-C type fire extinguishers; teach family members how to use them.
- Know the location of all exits including windows. If you live in an apartment, count the number of doorways between your apartment and the two nearest exits.
- Know two ways out of every room in case smoke or flames block your primary exit.
- Choose a meeting place outside the home.
- Have an escape plan and practice it with your family. This will help ensure you can get out quickly when there is no time for mistakes.
- Keep folding or chain style ladders stored in each upstairs bedroom.
- Use alternative heat sources, such as woodstoves or space heaters, safely:
  - Never use gas ovens, gas ranges, barbecues, or most portable or propane heaters for indoor heating.
  - Before using an alternative heat source, read the manufacturer's instructions.
- Do not smoke in the bedroom, or on the couch or anywhere you might fall asleep while smoking.
- Sleep with your bedroom door closed.
- Make sure your hose number is clearly visible from the street and that fire trucks can reach your home.
- Have fire-fighting materials available; dry powder, fire extinguisher, heavy tarp or blanket, and water.

## If the fire strikes

- If there is a fire – evacuate. Do not go back inside. Call 9-1-1 from a neighbor's house.
- Never use water on an electrical fire.
- Smother oil and grease fires in the kitchen with baking soda or salt, or put a lid over the flame if it's burning in a pan.
- If caught in smoke – drop to your hands and knees and crawl; breathe shallowly through your nose and use your blouse, shirt or jacket as a filter.
- If you must move through flames – hold your breath, move quickly, cover your head and hair, keep your head down and close your eyes as much as possible.
- If your clothes catch fire, “stop, drop and roll” until the fire is out.
- If you are in a room and cannot escape, leave the door closed, stay low to the floor and hang a white or light-colored sheet outside the window.
- Be sure all family members are accounted for. If someone is missing, let the fire department know.

**Stop.**



**Drop.**



**Roll.**





## Floods

**Floods are the most common and widespread of all natural disasters. If you live in an area where floods occur, you should know the following:**

### What to do before a flood

- Plan for evacuation and including where you are going to go and the route you will follow.
- Prepare your home for a flood. Call your local building department or office of emergency management for information.
- Purchase flood insurance.
- Keep all insurance policies and a list of valuable items in a safe place.
- Take photos or a video of the valuables you keep in your home.
- Listen to your radio or television for reports of flood danger.
- Keep your car filled with gas.

### What to do during a flood

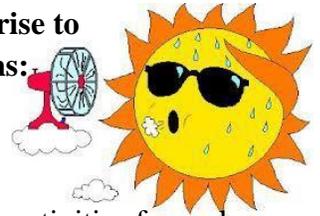
- Do not try to walk or drive through flooded areas. Water can be deeper than it appears and water levels rise quickly. Follow official emergency evacuation routes. If your call stalls in floodwater, get out quickly and move to higher ground.
- Stay away from moving water; moving water six inches deep can sweep you off your feet. Cars are easily swept away in just two feet of water.
- Stay away from disaster areas unless authorities ask for volunteers.
- Stay away from downed powerlines.
- If your home is flooded, turn the utilities off until emergency officials tell you it is safe to turn them on. Do not pump the basement out until floodwater recedes. Avoid weakened floors, walls and rooftops.
- Wash your hands frequently with soap and clean water if you come in contact with floodwaters.
- Do not allow your children or pets to play in floodwaters. Flood waters may contain sharp objects, such as glass or metal fragments, that can cause injury and lead to infection

### What to do after a flood

- Wear gloves and boots when cleaning up.
- Open all doors and windows. Use fans if possible to air out the building.
- Wash all clothes and linens in hot water.
- Discard mattresses and stuffed furniture; they can't be adequately cleaned.
- Wash dirt and mud from walls, counters and hard surfaces floors with soap and water.
- Disinfect by wiping surfaces with a solution of one cup bleach per gallon of water.
- Discard all food that has come into contact with floodwater. Canned food is alright, but thoroughly wash the can before opening.
- If your well is flooded, your tap water is probably unsafe. If you have public water, the environmental health department will let you know –through radio and television – if your water is not safe to drink. Until your water is safe, use cleaned bottled water.
- Learn how to purify water. If you have a well, learn how to decontaminate it. You can get these instructions by contacting your local environmental health department.
- Do not use your septic system when water is standing on the ground around it. The ground below will not absorb water from sinks or toilets. When the soil has dried, it is probably safe to again use your septic system. To be sure, contact your local environmental health department.
- When floodwaters have receded, watch out for weakened road surfaces.
- Be aware of potential chemical hazards you may encounter during flood recovery. Flood waters may have buried or moved hazardous chemical containers of solvents or other industrial chemicals from their normal storage places.

# Hot Weather Precautions

Severe heat may cause illness or even death. When temperatures rise to extreme high, reduce risks by taking the following precautions:



## Hot weather precautions to reduce the risk of heat exhaustion and heat stroke

- Stay indoors and in an air-conditioned environment as much as possible unless you're sure your body has a high tolerance for heat.
- Drink plenty of fluids but avoid beverages that contain alcohol, caffeine or a lot of sugar.
- Eat more frequently but make sure meals are balanced and light.
- Never leave any person or pet in a parked vehicle.
- Avoid dressing babies in heavy clothing or wrapping them in warm blankets.
- Check frequently on people who are elderly, ill or who may need help. If you might need help, arrange to have family, friends or neighbors check in with you at least twice a day throughout warm weather periods.
- Make sure pets have plenty of water.
- Salt tablets should only be taken if specified by your doctor. If you are on a salt-restrictive diet, check with a doctor before increasing salt intake.
- If you take prescription diuretics, antihistamines, mood-altering or antispasmodic drugs, check with a doctor about the effects of sun and heat exposure.
- Cover windows that receive morning or afternoon sun. Awnings or louvers can reduce the heat entering a house by as much as 80 percent.

## If you go outside

- Plan strenuous outdoor activities for early or late in the day when temperatures are cooler.
- Take frequent breaks when working outdoors and, wear a wide-brimmed hat, sun block and light-colored, loose-fitting clothes when outdoors.
- At first signs of heat illness (dizziness, nausea, headaches, muscle cramps), move to a cooler location, rest for a few minutes and slowly drink a cool beverage. Seek medical attention immediately if you do not feel better.
- Avoid sunburn: it slows the skin's ability to cool itself. Use a sunscreen lotion with a high SPF (sun protection factor) rating.
- Avoid extreme temperature changes. A Cool shower immediately after coming in from hot temperatures can result in hypothermia particularly for elderly or very young people.

## If the power goes out or air conditioning is not available

- If air conditioning is not available, stay on the lowest floor out of the sunshine.
- Ask your doctor about any prescription medicine you keep refrigerated. (If the power goes out, most medicine will be fine to leave in a closed refrigerator for at least three hours)
- Keep a few bottles of water in your freezer; if the power goes out, move them to your refrigerator and keep the doors shut.
- Your local health department will announce if a cooling center has been opened. This will provide a safe environment to cool off and take refrigerated medications.

# **Get Ready!** Prepare Your Household for Emergencies **Stay Ready!**

After a disaster, you and your family should be prepared to be on your own for at least three days. In some emergencies, such as an influenza pandemic, you may need to prepare for a week or more. Emergency response teams will be very busy and may not be able to provide immediate care to all who need it.

## **Before a disaster strikes**

- Choose a place for your family to meet after a disaster.
- Choose a person outside the immediate area for family members to contact in case you get separated. This person should live far enough away so he or she won't be involved in the same emergency.
- Know how to contact your children at their school or daycare, and how to pick them up after a disaster. Let the school know if someone else is authorized to pick them up. Keep your child's emergency release card up to date.
- Put together an emergency supply kit for your home and workplace. If your child's school or daycare stores personal emergency kits, make one for your child to keep there.
- Know where the nearest fire and police stations are located.
- Learn your community's warning signals, what they sound like and what you should do when you hear them.
- Learn first aid and CPR. Have a first aid kit, a first aid manual and extra medicine for family members.
- Learn how to shut off your water, gas and electricity. Know where to find shut-off valves and switches.
- Keep a small amount of cash available. If the power is out, ATM machines won't work.
- If you have family members who don't speak English, prepare emergency cards in English with their names, addresses and information about medications or allergies. Make sure they can find their cards at all times.

- Conduct earthquake and fire drills every six months.
- Make copies of your vital records, photos, video of your home and store them in a safe deposit box in another city or state.
- Make sure family members know all the possible ways to get out of your home. Keep all exits clear.
- Make sure all family members agree on an emergency plan. Give emergency information to babysitters or other caregivers.

## **During an emergency or disaster**

- Keep calm and take time to think. Give assistance where needed.
- Listen to your radio or television for official information and instructions.
- Use the telephone for emergency calls only.
- If you are ordered to evacuate, take your emergency kit and follow official directions to a safe place or temporary shelter.

## **After the emergency or disaster is over**

- Use caution in entering damaged buildings and homes.
- Stay away from damaged electrical wires and wet appliances.
- Check food and water supplies for contamination.
- Notify your relatives that you are safe. But don't tie up phone lines; they may be needed for emergency calls.
- If government disaster assistance is available, the news media will announce where to go apply.





## Disaster Tips for People with Mobility Disabilities

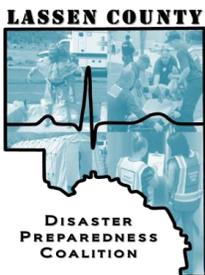
### Storage

- Store emergency supplies in a pack or backpack attached to a walker, or wheelchair or scooter.
- Store needed mobility aids (canes, crutches, walkers, wheelchairs) close to you in a consistent, convenient and secured location.
- Keep extra aids in several locations, of possible

### Emergency supply kit

- Keep a pair of heavy gloves in your supply kit to use while wheeling or making way over glass or debris.
- If you use a motorized wheelchair or scooter, consider having an extra battery available. A car battery can be substituted for a wheelchair battery, but this type of battery will not last as long as a wheelchair's deep-cycled battery. Check with your vendor to see if you will be able to charge batteries by either connecting jumper cables to a vehicle battery or by connecting batteries to a specific type of converter that plugs into your vehicle's cigarette lighter in the event of loss of electricity.
- If your chair does not have puncture-proof tires, keep a patch kit or can of "seal-in" air product to repair flat tires, or keep an extra supply of inner tubes.
- Store a lightweight manual wheelchair, if available.
- Make sure furniture is secured so that it doesn't block the pathways your normally travel.

- If you spend time above the first floor of a building with an elevator, plan and practice using alternative methods of evacuation. If needed, enlist the help of your personal support network.
- If you cannot use stairs, discuss lifting and carrying techniques that will work for you. There will be times when wheelchair users will have to leave their chairs behind in order to safely evacuate a structure.
- Sometimes transporting someone down stairs is not a practical solution unless there is at least two or more strong people to control the chair. It is very important to discuss the safest way to transport you if you need to be carried, and alert helpers to any areas of vulnerability. For example, the traditional "firefighter's carry" may be hazardous for some people with respiratory weakness.
- Be prepared to give helpers brief instructions on the best way to move you.
- Contact your local health department to sign up for the functional needs disaster registry. Being on the registry does not necessarily guarantee that you will get help first during the many demands of a disaster; however, disaster workers will be aware that you need special assistance and it will be a priority to ensure that you receive needed assistance.



**SIGN UP FOR THE LASSEN COUNTY FUNCTIONAL NEEDS DISASTER REGISTRY AT:**

**LASSEN COUNTY PUBLIC HEALTH DEPARTMENT  
1445 PAUL BUNYAN RD. SUITE B  
SUSANVILLE, CA 96130  
(530) 251-8183**

**OR VISIT OUR WEBSITE AT: [LASSENCOUNTYHEALTH.ORG](http://LASSENCOUNTYHEALTH.ORG)**



# Pandemic Flu



## An influenza pandemic is a worldwide outbreak of a new flu virus

An influenza – or flu – pandemic is an outbreak of a new type of flu virus that spreads rapidly from one country to another. Because the virus is new, people have no natural immunity to it and vaccine will not be available for many months. Without vaccine or immunity, the virus passes rapidly from person to person. Hundreds of thousands in our country could get sick, and many could die.

There were three large flu pandemics in the 20<sup>th</sup> century – 1918, 1957 and 1968. No one knows where or when the next flu pandemic will begin, but health officials agree that it is only a matter of time.

### What to expect if an outbreak occurs

A flu pandemic could be devastating, so everyone should be prepared for the worst. With up to one-third of the workforce sick or staying home, supplies and services could be limited or disrupted.

Extraordinary measures could be required. You may be asked to stay away from other people, large public events like concerts or sports could be canceled, and schools could be closed. Health officials may issue orders to keep people with the virus at home or in special facilities. You may be asked to wear a mask in medical facilities or other public places.

A flu pandemic could last a long time. The 1918 flu pandemic lasted 18 months.

### What to do now

- Know your neighbors. Encourage others to prepare.
- Be ready to help family and neighbors who are elderly or have special needs if services that they depend on aren't available.
- Know school policies about illness and absence. Make a plan for taking care of your children if schools are closed for long periods.
- Be ready to stay home from work when sick. Know work policies about sick leave, absences,

time off and telecommuting.

- Encourage planning. Every workplace should have a plan for doing essential tasks if large numbers of employees are absent over many months.
- Explore ways to get your work done with less personal contact, such as increased use of e-mail and phone conferences.
- Be prepared to get by for a week or more what you have at home. Stores may not be open or may have limited supplies.
- Plan to limit the number of trips you take to shop or to run errands.

### Prevent the spread of germs

The flu virus is spread from person to person when an infected person coughs, sneezes or touches things that others use. To protect yourself and others:

- Cover your mouth and nose when you cough or sneeze. Cough into your sleeve or cover your mouth and nose with a tissue.
- Wash your hands. Soap and warm water are best, but alcohol-based hand gel or disposable wipes also work.
- Don't touch your eyes, nose or mouth.
- Stay home when you're sick or have flu symptoms. Drink extra water, get plenty of rest and check with healthcare provider as needed.

### Learn home-care basics

- Know how to care for someone with fever, body aches and lung congestion. During a pandemic, follow health official's instructions.
- Learn about dehydration. The flu virus causes the body to lose water through fever and sweating. Watch for weakness, fainting, dry mouth, dark concentrated urine, low blood pressure or fast pulse when lying or sitting down. These are signs of dehydration. To prevent dehydration, it is very important for a person with the flu to drink a lot of water – up to 12 glasses a day.



# Protect Your Pets

Consider your pets when planning for emergencies.

**Know where to take your pets in an emergency and remember their needs when creating your family preparedness kit.**

## Before the disaster

- Find a safe place for your pets to stay. Emergency pet shelters, animal control shelters, veterinary clinics or friends and relatives out of harm's way are all possible choices. Some hotels may allow you to bring pets; others may suspend their "no pet" rules during an emergency. Check ahead to make sure you can bring your pet.
- Make sure your pets wear current ID tags all the time, and that carriers for each pet are labeled with contact information.
- Make sure your pets are current on their vaccinations. Pet shelters may require proof of vaccinations.

## During a disaster

- Keep pets in the house as emergency situations develop so you can locate them.
- Don't wait until the last minute to get ready. Warnings may be issued hours or days in advance.
- Pet shelters will be filled on a first-come first-serve basis. Call ahead to check availability. Bring the items in your pet's emergency supply kit.

## If you evacuate, take your pets

- If it's not safe for you to stay in the disaster area, it's not safe for your pets. Don't leave animals inside your home, chained outside or roaming loose. They can easily be injured, lost or killed.
- If you leave, take your pet even if you think you'll be able to come home in just a few hours.
- Leave early— if you wait for an evacuation order, you may be told to leave your pets

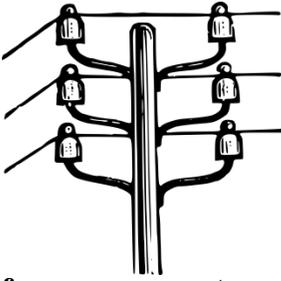
## behind. If you don't evacuate

- Keep your pets with you in a safe area of your home.
- Keep dogs on leashes and cats in carriers. Make sure they are wearing identification.
- Arrange in advance for a trusted neighbor to take your pets if you're not home during an emergency. Be sure he or she is comfortable with your pets, knows where to find them and their supplies, and has your home key.

## After the disaster

Have everything ready to go. Store supplies in sturdy easy-to-carry containers. Include:

- Medications and medical records stored in a waterproof container, and a first-aid kit.
- Sturdy leashes and harnesses. A secure carrier large enough for your pet to stand comfortably. Add blankets or towels for bedding.
- Photos to help identify lost pets and prove ownership.
- Food and water for at least seven days for each pet.
- Bowls, cat litter, litter box and a manual can opener.
- Information on feeding schedules, medical conditions, behavior problems, and the name and number of your veterinarian.
- Pet beds and toys, if easy to bring.
- Newspaper, paper towels, plastic trash bags, grooming items and household bleach



# Power Outages

Power outages can cause a number of safety concerns.

Knowing the following information can help:

## Before a power outage

- Register life-sustaining and medical equipment with your utility company.
- Consider buying a generator. When installing a generator, follow the instructions carefully. Keep your generator outside and run a cord inside. Don't connect your generator to main service panels — it's dangerous! Be sure to place a carbon dioxide detector indoors.
- Make sure your disaster preparedness kit contains light sticks, flashlights, a battery-powered radio with extra batteries and a wind-up clock.
- Have a corded telephone available — cordless phones will not work when the power is out.
- Have a safe alternative heat source and supply of fuel. Never burn charcoal or use a generator indoors.
- If you own an electric garage door opener, know how to open the door without power.

## During a power outage

- Turn off lights and electrical appliances except for the refrigerator and freezer.
- Even if it is dark, turn light switches and button on lamps or appliances to the "off" position.
- Unplug computers and other sensitive equipment to protect them from possible surges when the power is restored.
- Leave one lamp on so you will know when power is restored. Wait at least 15 minutes after power is restored before turning on other appliances.
- Conserve water, especially if you use well water.
- Never use gas ovens, gas ranges, barbecues or portable or propane heaters for indoor heating — they use oxygen and create carbon monoxide that can cause suffocation.

- Candles can cause a fire. It's far better to use battery-operated flashlights or glow sticks for lighting.
- Using a kerosene heater, gas lantern or stove inside the house can be dangerous. Maintain proper ventilation at all times to avoid a buildup of toxic fumes, and be sure to have a carbon monoxide detector.
- Stay away from downed power lines and sagging trees with broken limbs.

## Keep food safe

- Use a store food carefully to prevent foodborne illness when power outages make refrigeration unavailable.
- Use foods first that can spoil most rapidly.
- Keep doors to refrigerators and freezers closed. Your refrigerator's freezer will keep food frozen for up to a day. A separate fully-loaded freezer will keep food frozen for two days.
- Use an ice chest packed with ice or snow to keep food cold. Buy dry ice to save frozen food. Do not handle dry ice with your bare hands. Use blocks or bags of ice to save refrigerator foods.
- Use caution if storing food outside during winter to keep it cold. The outside temperature varies, especially in the sun. Frozen food may thaw and refrigerator food may become warm enough to grow bacteria. Food stored outside must be secured from contamination by animals.
- **If in doubt, throw it out.** Throw out meat, seafood, dairy products and cooked food that does not feel cold.
- Never taste suspect food. Even if it looks and smells fine, illness-causing bacteria may be present.



# Prevent the Spread of Germs

Here are some simple tips to keep respiratory infections and many other contagious diseases from spreading, especially during the cough, cold and “flu” season.

Respiratory infections affect the nose, throat and lungs; they include influenza (the “flu”), colds and pertussis (whooping cough). The germs (viruses and bacteria) that cause these infections are spread from person to person in droplets from the nose, throat and lungs of someone who is sick.

You can help stop the spread of these germs by practicing “respiratory etiquette,” or good health manners.

Here are some tips to help prevent spreading your germs to others, and to avoid catching someone else’s germs.

## Keep your germs to yourself

- Cover your nose and mouth with a tissue when sneezing, coughing or blowing your nose.
- Discard used tissues in the trash as soon as you can.
- Always wash your hands after sneezing, blowing your nose, or coughing, or after touching used tissues or handkerchiefs. Wash hands often if you are sick.
- Use warm water and soap or alcohol-based hand sanitizers to wash your hands.
- Try to stay home if you have a cough or fever.
- See your doctor as soon as you can if you have a cough and fever, and follow their instructions. Take medicine as prescribed and get lots of rest.

- If asked, use face masks provided in your doctor’s office or clinic’s waiting room. Follow office and clinic staff’s instructions to help stop the spread of germs.

## Keep the germs away

- Wash your hands before eating, or touching your eyes, nose or mouth.
- Wash your hands after touching anyone who is sneezing, coughing or blowing their nose.
- Don’t share things like towels, lipstick, toys or anything else that might be contaminated with respiratory germs.
- Don’t share food, utensils or beverage containers with others.



# Disaster Tips for People with Special Medical Needs

In a disaster, people with special medical needs have extra concerns. This information will help you and your family prepare for an emergency.

## Medications

- Always have at least a three-day supply of all your medications. In some emergencies, such as influenza pandemic, you may need to prepare for a week or more
- Store your medications in one location in their original containers.
- Have a list of all your medications: name of medication, dose, frequency, and the name of the prescribing doctor.

## Medical Supplies

- Have an extra three-day supply of any medical supplies you use, such as bandages, ostomy bags or syringes.

## Electrically powered medical equipment

- For all medical equipment requiring electrical power — beds, breathing equipment, or infusion pumps — check with your medical supply company and get information regarding a back-up power source such as a battery or generator.

## Oxygen and breathing equipment

- If you use oxygen, have an emergency supply (enough for at least a three-day period).
- Oxygen tanks should be securely braced so they do not fall over. Call your medical supply company regarding bracing instructions.
- If you use breathing equipment, have a three-day supply or more of tubing, solutions and medications.

## Intravenous (IV) and feeding tube equipment

- Know if your infusion pump has battery back-up, and how long it would last in an emergency.
- Ask your home care provider about manual infusion techniques in case of a power outage.

## Emergency bag

- In the event that you have to leave your home, keep a bag packed at all times that contains:
  - A medication list.
  - Medical supplies for at least three days.
  - Copies of vital medication papers such as insurance.

## People who can help

- An important part of being prepared for a disaster is planning with family, friends and neighbors. Know who can walk to your home to assist you if no other means of transportation is available.
- Discuss your disaster plans with your home healthcare provider.
- Ask your local fire department if they keep a list of people with special medical needs; ask to be included if they do maintain a list.
- Keep a phone contact list handy of people who can help.



# Prepare Your Vehicle for Emergencies

When planning for emergencies, don't forget your vehicle: make sure your car, truck or van is in good working order, and keep an emergency supply kit handy.

## Get your vehicle ready

- Keep an emergency supply kit in your vehicle.
- Prepare to be on your own for at least 24 hours.
- Write the date on all food and water stored in your kit. Replace items every six months.
- Keep food items in airtight plastic bags inside your kit

## Emergency supplies for your vehicle

- One gallon of water per person. Store water in large soft-drink containers.
- Avoid using containers such as milk cartons or glass bottles that will decompose or break.
- Emergency food. Avoid foods that will make you thirsty. Choose whole grain cereals and foods with high liquid content. Include food for infants and others with special diets.
- Small shovel, jumper cables, tow chain
- Road flare
- Battery-operated radio/extra batteries
- Flashlight and extra batteries
- ABC-type fire extinguisher
- Whistle
- Plastic storage bags
- Extra cash
- A supply of vital medications
- Sturdy shoes, socks, work gloves
- Rain gear
- Mylar blankets, plastic shelter tarps
- Matches in a water proof container
- Latex gloves (at least 2 pair)
- Map of the area (for locating shelters)
- Compass
- Games and books for kids
- Toilet paper, towelettes, personal hygiene items
- Infant diapers and wipes

## Driving in difficult conditions

- Drive with your headlights on.
- Fill the fuel tank before entering open country. Stop to fill up long before the tank begins to run low.
- Don't try to out-drive the conditions.
- Start early. Remember the posted speed limit is for dry pavement.
- Leave plenty room to stop.
- Brake carefully. It takes more time to stop in adverse conditions.
- Look farther ahead in traffic than you normally do to gain extra time to safely react to situations.
- Drive cautiously near trucks.

## Winter driving

- Be prepared with good winter tires, chains, a scraper, and a bag of sand for traction on ice.
- Carry extra winter clothing — the first rule of winter comfort and survival is to stay dry.
- Don't use cruise control in wintry conditions. A brief touch of your brakes to deactivate the cruise control feature can cause you to lose control of your vehicle.
- Remember: A four-wheel drive vehicle can lose traction on ice just as easily as a two-wheel drive vehicle.
- Make sure your car is in good working condition. Check the following:

Ignition system	Wiper blades
Fuel system	Washer fluid
Seat belts	Tire tread/pressure
Fluid levels	Defroster
Brakes	Proper grade oil
Exhaust system	Cooling system
Battery	Lights
Antifreeze	



# Disaster Tips for People with Visual Disabilities

## Canes

- If you use a cane, keep extras in strategic, consistent and secured location at work, home, school and volunteer site to help you maneuver around obstacles and hazards.
- Keep a spare cane in your emergency kit.

## Alternative mobility cues

- If you have some vision, place security lights in each room to light paths of travel. These lights plug into electric wall outlets and light up automatically if there is a loss of power. They will, depending on type, continue to operate automatically for 1 to 6 hours. They can also be turned off manually and used as a short-lasting flashlight.
- Store high-powered flashlights with wide beams and extra batteries.
- Plan for losing the auditory clues you usually rely on after a major disaster.

Service animals may become confused, frightened or disoriented during and after a disaster. Keep them confined or securely leashed or harnessed. A leash/harness is an important item for managing a nervous or upset animal. Be prepared to use alternative ways to negotiate your environment.

## Label supplies

- If helpful, mark emergency supplies with large print, fluorescent tape or Braille.

## Secure computers

- Anchor special equipment and large pieces of furniture such as computers and shelving. Create a computer back-up system for important data and store it off site.

## Advocacy issues

- Advocate that TV news not only post important phone numbers, but also announce them slowly and repeat them frequently for people who cannot read the screen.



# Wildfires



**Forest fires and wildfires threaten lives and destroy homes and natural resources. You can take action now that can help save lives and help prevent or reduce damage caused by wildfires**

## What to do before a wildfire

- Have an evacuation plan. You may need to leave your home to go to a safe place.
- Know where you are going and the possible routes to get there.
- Designate a “safety zone” in case all evacuation routes are burning.
- If you have special physical or medical needs, be sure to have an ample supply of medication and supplies to take with you if you evacuate. People with heart and lung diseases must be especially careful around wood smoke. Discuss your emergency plans with your medical provider.
- Make emergency plans for your pets and livestock.
- Family members should have an out-of-area contact they can call to let them know they are safe when they are separated. Prepare wallet cards with the contact’s information.
- Put together a 72-hour emergency supply kit. Include water, food, protective clothing — sturdy shoes, cotton or wool clothing, long pants, long-sleeved shirt, gloves and a handkerchief. Store in easy-to-carry packs.
- Store copies of your vital records and lists, photos or videotapes of valuable items in a safety deposit box. Include insurance policies.
- Identify local radio and television stations. They will have the latest information about fires in your area.
- Prepare your home for a wildfire. Clearly mark all driveways with names/addresses. Remove firewood, shrubs and other combustibles away from the home. Call your local fire, forestry, or natural resources office or go to [www.lassenfiresafecouncil.org](http://www.lassenfiresafecouncil.org) for more information.
- Talk to your neighbors about wildfire safety and **working together during a wildfire.**

- Always call your local fire department before burning. Be careful when cooking outdoors or using gas-powered equipment on dry, windy days.

## When wildfire threatens

- Remain calm. Listen to the radio and television for fire reports and evacuation information. Follow the advice given by authorities. (However, if you feel threatened, do not wait to leave.)
- Tell family and friends you may need to evacuate and let them know where you are going. Use your out-of-area contact card.
- Pre-load your car with emergency supplies, vital records and other valuables. Face your vehicle in the direction of escape. Keep pets confined nearby.
- Put on protective clothing to protect your body, face and lungs.
- Prepare a note to post at your home that tells when you left and where you are going.
- Set up a ladder, garden hoses and sprinklers on the roof. To conserve water, wait until the embers start falling.

## If advised to evacuate, do so immediately

- If there is time — close all windows, vents and doors, and remove lightweight curtains.
- Shut off gas utilities. Turn on your home lights and lock your doors.
- Post your prepared note on the main entrance.
- Choose a route away from fire hazards. Drive with your lights on and watch for emergency vehicles.
- If your evacuation route(s) are burning — go to your designated “safety zone.”
- **Do not attempt to re-enter the area until firefighters have declared it safe.**



# Windstorms

Every fall and winter, windstorms cause extensive damage, including the loss of electricity throughout the Pacific Northwest. By taking action now, you can save lives and reduce the damage caused by windstorms and other weather-related hazards.

## What to do before a windstorm

- Contact your local emergency management office or the National Weather Service to find out what types of storms are most likely to occur in your community.
- Assemble a disaster supply kit.
- If you have a home generator, make sure you know how to use it safely. Follow all instructions and contact the vendor, if necessary. Improper use of a generator can cause carbon monoxide poisoning.
- Find out who in your area might need special assistance, such as the elderly, disabled, and non-English speaking neighbors.
- Check with your veterinarian for animal care instructions in an emergency situation.
- If you live on a coastal or inland shoreline, be familiar with evacuation routes.
- Know what emergency plans are in place at your workplace, school and daycare center.
- Conduct a home safety evaluation to find out with nearby trees could fall in a windstorm.
- If you have an electric garage door opener, locate the manual override.

## What to do during a windstorm

- Don't panic. Take quick action to protect yourself and help others.
- Turn off the stove if you're cooking when the power goes out, and turn off natural gas appliances.
- Never use a gas stove for heat.
- Never burn charcoal indoors.
- Never use a generator indoors or in a garage or carport.

- If you are indoors, move away from windows or objects that could fall. Go to lower floors in multi-story homes
- If you are outdoors, move into a building. Avoid downed power lines, utility poles and trees.
- If you are driving, pull off the road and stop away from trees. If possible, walk into a safe building. Avoid overpasses, power lines and other hazards.
- Listen to your radio for emergency instructions.

## What to do after a windstorm

- Check yourself and those around you for injuries.
- Evacuate damaged buildings. Do not re-enter until declared safe by authorities.
- Call 9-1-1 only to report a life threatening emergency.
- If you smell gas or hear a hissing sound indoors — open windows and leave the building. Turn off the gas source and call your gas company. Do not use matches, candles, open flames or electric switches indoors.
- If the power goes out, keep refrigerator and freezer doors closed to keep food frozen for up to two days.
- Provide assistance to your neighbors, especially the elderly or disabled.
- Try to make contact with your out-of-area phone contact, but avoid making local telephone calls.
- Monitor your portable or weather radio for instructions or an official "all clear" notice. Radio stations will broadcast what to do, the location of emergency shelters and medical aid stations, and the extent of damage.



# Preparing For Winter Storms



Winter storms can range from moderate snow over a few hours to blizzard conditions with blinding, wind-driven snow or freezing rain that lasts several days.

The time to prepare is before the snow falls and ice forms.

## Preparing for winter storms

- Listen to your radio or television for winter storm forecasts and other information.
- Prepare your home for cold weather. Install storm windows. Insulate outside walls, attics and crawl spaces. Wrap pipes, especially those near cold outer walls, or in attics or crawl spaces. Repair leaks in the roof, around the doors and in the windows.
- Have appropriate cold weather clothing available.
- If you have a kerosene heater, refuel your heater outside and remember to keep it all at least three feet from flammable objects.
- Make sure your fireplace functions properly.
- Have rock salt and sand on hand for traction on ice.
- Fill your gas tank before the snow starts falling.

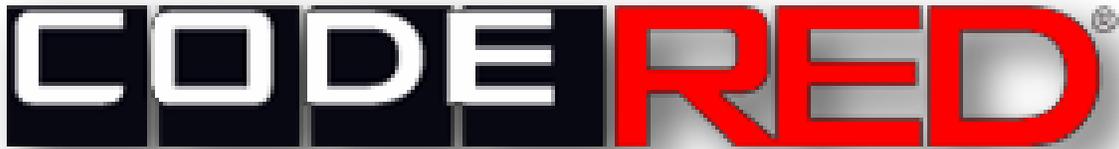
## During a winter storm

- Wear several layers of loose fitting, light weight, warm clothing rather than one layer of heavy clothing. Wear mittens rather than gloves. Wear a warm, woolen cap.
- Do not drive unnecessarily.
- Reduce the temperature in your home to conserve fuel.
- Heat only the areas of your home you are using. Close doors and curtains or cover windows and doors with blankets.
- Use alternative heat methods safely. NEVER use a gas or charcoal grill, hibachi or portable propane heater to cook indoors or heat your home.

- Never use a generator indoors or in a garage or carport.
- Be careful when shoveling snow. Do not overexert yourself.
- Be sure to eat regularly. Food provides calories that maintain body heat.
- Watch for signs of frostbite and hypothermia, slurred speech, disorientation, uncontrollable shivering, stumbling, drowsiness and body temperature of 95 degrees Fahrenheit or less.
- If you become trapped outside, get out of the wind and stay dry. Build a lean-to or snow cave if nothing else is available. Do not eat snow; it will make you too cold.
- Bring your dogs and cats inside during cold weather.

## In your vehicle

- Make sure someone knows where you are going. Stay on the main roads.
- If you must stop, remain inside the vehicle. Use a bright distress flag or your hazard lights to draw attention to your vehicle.
- If trapped in a blizzard, clear your tail pipe and run your engine and heater for 10 minutes every hour. Open your window slightly.
- During night hours, keep the dome light on in the car so rescue crews can see your vehicle.
- Keep an emergency kit in your vehicle. Include a three-day supply of water and non-perishable food that can be eaten without being cooked. Include a blanket or sleeping bag for each passenger, a flashlight, cell phone, shovel, sack of sand or kitty litter, jumper cables, flare, coffee can with lid and toilet paper.



Keeping citizens informed.

**The Lassen County Sheriff continues to make huge strides in protecting our community. CODERED is a new local alerting system allowing officials the ability to notify the public immediately of potential dangers. The system allows you to be notified by your local emergency response team in the event of emergency situations or critical community alerts. Examples include: evacuation notices, bio-terrorism alerts, boil water notices, and missing child reports.**

**Uses:** The CodeRED system is used to send critical communications, from evacuation notices to missing child alerts.

**Message Playback:** You may hear the last message delivered to your phone through the CodeRED system by simply dialing back the number on your Caller ID.

**Privacy:** Your contact information remains private and will only be used for community notifications.

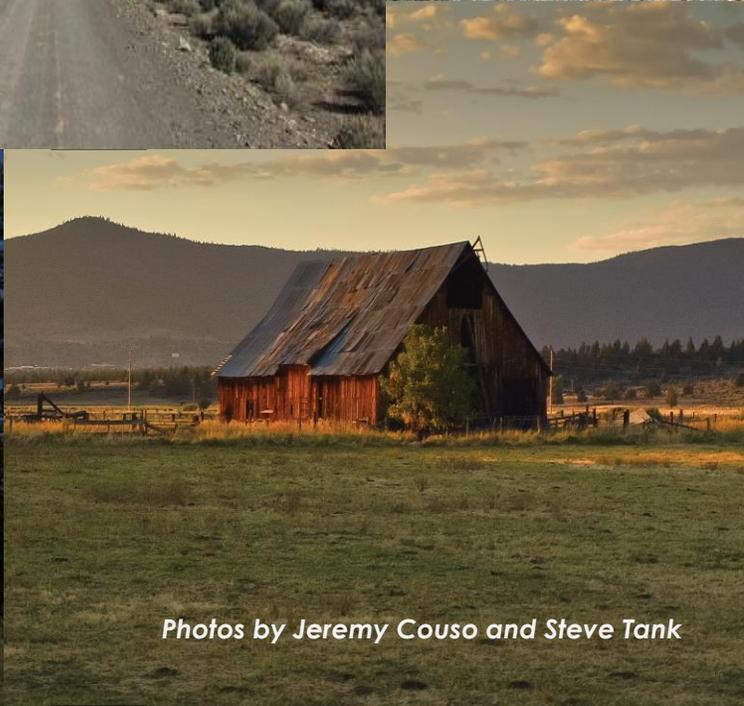
**Make Sure You Get the Call:** If your community has licensed CodeRED, you may already be in the system. To ensure you receive notifications, go to their website and enter your contact information, including multiple phone numbers, text and email addresses.

Visit the Lassen County Sheriffs web-page and click the CODERED icon:

[www.lassencounty.org/dept/sheriffs-office/sheriffs-office](http://www.lassencounty.org/dept/sheriffs-office/sheriffs-office)



Scan this QR Code to download the free CodeRED Mobile Alert app



Photos by Jeremy Couso and Steve Tank

