

Mt. Shasta Community Resource Center

MISSION: The Mt. Shasta Community Resource Center embraces our diverse community by providing support, resources and services for all ages.

VISION: *Uniting our community through creative, collaborative partnerships. Our center is a vital, growing, compassionate, heart of our community.*

Success Story

The beauty of the Mt. Shasta Community Resource Center (MSCRC) is our ability to enhance and expand the services we provide to individuals by collaborating with our community partners. We recently had the privilege of working with Sam, who is now nine years old, through our mental health outreach program. We first met Sam when he was six years old and shortly after he had been abandoned by his mother. Sam was in the care of other family members and was referred to the MSCRC by another community member who was familiar with the services we offer. Our team member met weekly with Sam and began to build a relationship. To help Sam develop positive social connections with his peers and learn how to appropriately express his feelings, we coordinated with a local summer youth program and paid for him to attend several weeks of summer camp. During this time we worked with Sam, camp staff and our clinical team to develop strategies to help Sam express his feelings in a healthy, supportive environment. By the end of summer, the behaviors had minimized and Sam knew that he had a team of people supporting him. The MSCRC also connected Sam and his family to a local non-profit organization that provides Parent-Child Interactive Therapy to help the family members learn how to positively engage with Sam and to provide Sam with counseling to address the PTSD associated with being abandoned. The MSCRC also coordinated a multi-disciplinary team of clinicians, school staff, and family members to ensure that all the support systems for this family had a united front for Sam's success. Sam is an extremely intelligent child who now has a loving home, is doing very well in school, has friends and is actively connected to other youth activities in the community. Our collaboration with a variety of both public and private community-based organizations gave this family the support, resources and connection they needed to help Sam thrive. It shows that it truly does take a village and Sam's village began at the MSCRC.

<http://www.first5siskiyou.org/mtshasta.html>



Programs and Services

- Parenting Classes
- Healthy Families Application Assistance
- Child Injury Prevention Program: Including car seat and bicycle/skater helmet programs
- Senior Information and Assistance
- Breast Feeding Assistance
- Drop-In Services
- Family Literacy Kits
- Parent Lending Library
- Health, Wellness and Nutrition Promotion
- Life Skills & Advocacy
- Diabetes Support & Education
- Resource & Referral
- Family Fun Nights
- Community Workshops
- Mental Health Outreach & Support
- Child Development Programs & Activities

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