

"Happiness belongs to the self sufficient."

Aristotle



# The 411

FAMILY SELF-SUFFICIENCY NEWSLETTER  
JANUARY-MARCH 2016

## From the Office

Effective January 1, 2016, the minimal wage in California is \$10.00 per hour. To receive 100% of your escrow credit, you must be "suitable employed" on the last day of your FSS contact. **"Suitable employment" is defined as earning the equivalent of someone working thirty-two (32) hours a week at the prevailing minimal wage.**

Prior to January 2016, suitable employment was comparable to earning \$288.00 or more a week. Effective January 1, 2016, suitable employment is

comparable to earning \$320 or more a week. This applies to self-employment as well.

As a reminder, there are three criteria that a FSS participant must meet to successfully graduate the FSS program:

1. Suitable employed,
2. TANF-free (welfare) twelve (12) months prior to contact end date, and
3. Met all of the ITSP goals.

For more info, 530-895-4474 ext. 234.

"What you get by achieving your goals is not as important as what you become by achieving your goals."

Zig Ziglar

## Steps to Interview Preparation

### Read and review Job Description

Print out the job description, grab a highlighter, and identify key duties and responsibilities.

### Clarify your strength and values

Identify your skills, attributes, experiences, and strengths relevant to the position.

### Research the employer

Soak up as much information as you can about the organization. Be familiar with their history, mission, and culture, etc.

### Anticipate questions, prepare answers

Try to do as much thinking ahead of your interview as possible, rather than having to come up with answers on the spot.

### Prepare questions for the employers

At the end of the interview, the interviewer may ask, "Do you have any questions for me?" The worst possible answer to this question is "No."

This is **NOT** the time to ask questions about compensation or benefits, save those for after you are offered the position.

Instead, ask questions to learn more about organization, department culture, management style, or you can show off some the knowledge you gained in researching the employer by asking question related to what you learned.

### Practice!

Now that you've completed your preparations, it is time to practice and perfect your answers and approach to the questions you've chosen. Repetition will help you remember the core components to your answers.

You can practice at home in a mirror, and in front of your friends or families.



# Community Corner

## Butte County Behavioral Health

Behavioral Health provides services for individuals in crisis, for youth, for adults and for alcohol and drug treatment. Services are provided in Chico, Paradise, Oroville, Gridley and rural communities. They are here to Help.

**Step 1:** Call their office at **530-891-2810**. During the phone conversation, they will ask you whether your needs are urgent and what type of help you are looking for.

**Step 2:** Once they have determined how they can best serve you, they will schedule a follow-up appointment to better understand your specific needs.

**Step 3:** At your follow-up appointment, they will connect you or your family member to the types of services that you and your counselor agree will help most.



## Toll-free Hotlines or Warm lines

Abused Men  
1-888-743-5754

Abused Women  
1-800-799-7233

Alcohol & Drugs  
1-800-821-4357

Elder Abuse  
1-800-677-1116

Child Abuse  
1-800-422-4453

Cutting & Self-Harm  
1-800-366-2288

Domestic Violence  
866-331-9471

Friendship Line  
1-800-971-0016

Parenting  
1-888-435-7553

Northern Valley  
-855-582-5554

STD/AIDS  
1-800-232-4636

Suicide  
1-800-273-8255

Suicide LGBTQ  
866.488.7386

Rape Crisis  
1-800-656-4673

Veterans with PTSD  
1-877-222-8387

Veterans Suicide  
1-800-273-8255

## Budget 101: Budget on a Low-Income

### Cash

- Don't keep cash in your wallet. You'll spend less money that way.
- Use your cash/debit card, not your credit card, for **all** purchases.
- Keep track of how much you spend and what you spend it on.

### Credit Card

- Use your credit card **only** when you already have the money for the item or service you are purchasing, or at least most of it. You need to be able to pay off the debt **WITHOUT PAYING ANY INTEREST**. Which means the whole amount needs to be paid as soon as it is due.
- If you are not able to pay your credit card off as it comes due each month, you may want to cut your card up and throw your card away. Another option is put your card away and not use your credit card again until your balance is paid off.

### Entertainment

- Concerts, plays, films, movie rentals, etc., may also be off budget. You can save money by limiting how much you spend on entertainment.

For FREE online budgeting information and support, visit <http://www.betterbudgeting.org/>

## Upcoming Events

### Chico Chapter Basketball Game and Reception

Jan 16, 4:00 to 6:00 pm | \$5 for Game, \$10 for Reception  
209 Salem Street, Chico

### Diversity Art Exhibit

March 3-30, exhibit, March 24, Reception: 3:30 pm  
California State University, Chico, Kendall Hall

### Snow Goose Festival

Jan 27-31  
Monsanic Center, 1110 W. East Ave, Chico

