

April- June 2023

Quarterly Prevention Newsletter

What is the Prevention Newsletter?

The Prevention Newsletter is essentially a newspaper that surrounds all things prevention in Pacific County. Community partners provide program news or updates, including upcoming events, and they are all shared here for you!

A newsletter will be created once a fiscal quarter and be provided to as many programs, businesses, and social media outlets as possible. We hope you enjoy!



Prevention Topics

- Opioid Misuse
- Suicide
- Alcohol
- Tobacco
- COVID-19
- Youth Cannabis



Calendar

Looking for upcoming events in the community? A calendar and flyers are provided towards the back of this newsletter.

988
**24/7 Crisis
& Support**



**The Prevention
Newsletter is provided
by:**
Pacific County Public
Health and Human
Services

Local Programs and Coalitions

Pacific County Public Health and Human Services



Pacific County Public Health and Human Services (PCHHD) is a department within Pacific County who works towards health equity in our county while also advising the public on health practices. Our vision is active, healthy families and people of all ages, abilities and cultures living, playing and working together in thriving communities throughout Pacific County.

Peace of Mind Pacific County



Mission: provide education, advocacy and peer support for brain health and mental wellness.

The Vision: Peers engaged in recovery through educational programs, workshops, seminars, support groups and collaborative events promoting self-advocacy and hope for recovery of brain health and mental wellness.

History: Originally started as a National Alliance on Mental Illness chapter in 2005. Left NAMI amiably in 2016 to become incorporated as Peace of Mind Pacific County, a WA state registered non-profit. Currently waiting on 501c3 approval

Membership is free and open to anyone with an interest in mental wellbeing and brain health. For more information call: 360.642.3448 or email: info@pompc.org. Find us on Facebook!

Crisis Support Network



Our agency was established to provide help to those who are the victims of domestic violence, sexual assault, or other violent crime. Please don't wait to seek help. We are here for you now, in a safe, discreet, and professional space. Please go through our website to find services and resources that may just save your life.

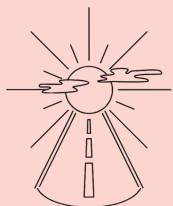
And remember, you didn't cause the violence. Please get help!

Wellspring



WellSpring Community Network is a grassroots organization made up of individuals and organizations dedicated to promoting physical, emotional, spiritual, and mental wellness in South Pacific County. Our mission is to support community wellness in South Pacific County through active collaborations.

Road 2 Resiliency (R2R)



We are a South Bend based prevention coalition, utilizing community collaboration to decrease youth substance misuse. We work with community partners to provide pro-social opportunities for our youth, and education to caregivers, school staff, professionals and our youth. We couldn't do any of this without our wonderful community - come join us!

True North ESD 113



True North Student Assistance and Treatment Services provides comprehensive behavioral health services to school-aged students. We are a service of Capital Region ESD 113 in Grays Harbor, Lewis, Mason, Pacific, and Thurston counties. True North is certified by the Department of Health as a provider for outpatient and intensive outpatient treatment services.

Teen Advocacy Coalition



The Teen Advocacy Coalition (TAC) serves North Pacific County from Bay Center north, including the Raymond, South Bend, and Willapa Valley School Districts. TAC formally began in 2010 as a small, grassroots effort initiated by a few concerned parents and service providers. The mission was to coordinate efforts to address youth substance use and to promote good mental health. A survey of 7th-12th graders in the three local school districts identified the primary issues as alcohol, tobacco, and marijuana.

TAC supports teen peer helper programs in the three school districts, bringing teens together. Extensive training is provided so these teens can serve as advocates and resources for their peers. TAC also funds school and community based prevention consultants which provides a law enforcement officer in each school district to increase enforcement of laws/policies relating to alcohol, tobacco, and other drugs. The officers engage students to provide education, support, and offer available resources.

TAC provides and/or supports many programs and events for both students and the community as a whole. These include Red Ribbon Week, National Drug and Alcohol Facts Week, Sources of Strength, After Prom Party, Guiding Good Choices, Second Step, Youth Mental Health First Aid, QPR (Question, Persuade, Refer), Only 7 Seconds, National Night Out, 5K Color Run, Movie Night, and Holiday Party.

TAC meetings are held the second Monday of every month with the board meeting at 2:00 pm and the coalition meeting at 3:30 pm. Committees meet as needed and report out at monthly meetings.

Know and Grow

Know and Grow



Partnership for Early Learning

Know and Grow is a partnership of local organizations and individuals interested in creating, promoting and supporting early learning programs and resources for children ages birth-5 in North Pacific County.

SUPPORT:

Communities, families, caregivers, and providers through parent education, play and learn groups, training support, advocacy, and community involvement.

CONNECT:

Partners include business owners, schools, libraries, community agencies, early learning organizations, health providers, state agencies, and local, regional, and state-wide elected officials and decision makers.

INFORM:

Exchange information to support local, regional, and state communication, including data mapping, home visiting, and DCYF efforts around Early Achievers, WaKIDS, and Standards Alignment.

Does your program/ business work around prevention efforts? You could be featured in the Prevention Newsletter! Contact the Pacific County Public Health and Human Services Department to submit your information for the next newsletter.





EVENTS

January–March Events Snap Shots

Local programs and businesses always have amazing events happening for the public! Below is a snapshot of some of the events that happened in the last few of months.

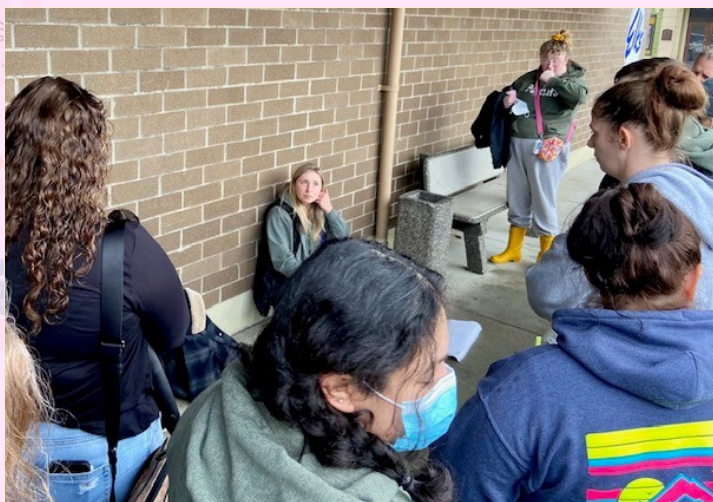
Project Community Connect and North County Community Connect

**PPR, PCHD, PCIS, PCVU
January 26th–27th, 2023**

Peninsula Poverty Response, Pacific County Public Health, PCIS and PCVU along with many community partners held Project Community Connect events last Thursday and Friday in South and North Pacific County. Both events were huge successes! South County's hosted 237 individuals and North County helped 163 individuals. Both days, members of PCHD and other volunteers also went into the field for the PIT count and helped homeless community members by connecting them to



Volunteers helping community members find the resources they need at the event and get connected to services.



services and handing out care packages. Thank you so much to all of our staff, partners, and the volunteers for making these events a huge hit!

Members PCHD, CCAP, and PPR getting briefed by Darian Johnson before splitting into teams to locate individuals who are homeless in north county.

National Drug and Alcohol Facts Week

**Willapa Valley School District
Raymond School District
March 20th–March 24th**

NDAFW
National Drug & Alcohol
Facts Week



NDAFW is an annual, week-long health observance that inspires dialogue about the science of drug use and addiction among youth. NDAFW provides an opportunity to bring together scientists, students, educators, healthcare providers, and community partners to help advance the science and address youth drug and alcohol use in communities and nationwide.

Willapa Valley Prevention Club has been busy with drug and alcohol facts week and prepping for Sources of Strength. During this week, each leader of the prevention club read important facts regarding safety and education about substance abuse. During lunch, they engaged students in activities that allow them to get a natural high of dopamine, like racing tic-tac-toe with drug and alcohol facts to win it. Friday, they did a Jenga activity filled with facts and question that the prevention team have prepared.

At Raymond School District on Friday the 24th, the school did a Kahoot game which was a huge hit. Over 50 kids participated and Paul from TAC came and joined in the fun. Kids also created posters and put what their natural high was instead of using substances. They then signed a statement stating they are drug free .

Big round of applause to our local schools for using NDAFW as a fun way to educate the kids on drugs and addiction!

Meeting Announcement



Teen Advocacy Coalition (TAC) is always looking for new members! Our General Meetings are held the second Monday of every month at 3:30PM.

Meeting Announcement



Know and Grow is always welcoming of new members!

Our general meetings are held on the third Monday of each month from 2-3:30. If you are interested in getting on the mailing list please submit your email contact to: knowandgrowpacificco@gmail.com
ATT: Rhonda Johnson

Interested in reading last quarter's newsletter?

Each fiscal quarter, a new Prevention Newsletter is made and distributed to the community. Every newsletter will be available to read on the Pacific County COVID-19 website when completed. Please visit the page below via website URL or QR code to see the January-March newsletter.

<https://www.pacificcountycovid19.com>



*January - March 2023*

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Pacific County Public Health and Human Services

988

24/7 Crisis & Support



Peace of Mind has been busy the past few months; Koffee Hour has had several guest speakers covering nutrition, the aging brain and strategies for preventing falls, the Men's Peer Support Group is going strong, and Art for a Healthy Mind and Music and Movement for a Healthy Mind have been well attended.

We are deep in the planning stages for all of our May Awareness Events, including our Annual Wellness Walk featuring the

Mega Brain (an inflatable brain you can walk through), Rock for Mental Health (painted rocks with partner Timberland Libraries), Dine Out for Mental Health at local restaurants, and our fundraiser Hope Floats 2. Look for our float in the LB Loyalty Days Parade too! For more information, see our FB page, our website www.pompc.org or call 360.642.3448

Does your program/ business have events that are based around prevention or community involvement? You can have a snapshot of them added to the Prevention Newsletter (or added to the calendar if it's a future event)! Contact the Pacific County Public Health and Human Services Department to submit your information for the next newsletter.



Programs Announcement



South Bend Early Learning Center strives to meet families where they are to provide a whole family approach that affirms learning and development are interrelated. South Bend ELC is an ECEAP site whose goal is to serve those families with the greatest need for services. **ECEAP** is free preschool that supports child development and health. ECEAP also provides free developmental screenings for vision, dental, and behavior. Parents are encouraged to become involved in Parent Policy Council which is a monthly group discussion opportunity led by ELC staff. Parent education classes will be available using Conscious Discipline, Ready Rosie, and Second Step curriculums.

For more information about programming or to enroll your child in preschool and/or child care please call (360) 875-5327 opt 1.

Lifeline and 988

988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention

Lifeline (now known as the 988 Suicide & Crisis Lifeline), and is now active across the United States. When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.

The previous Lifeline phone number (1-800-273-8255) will always remain available to people in emotional distress or suicidal crisis.

<https://988lifeline.org/>

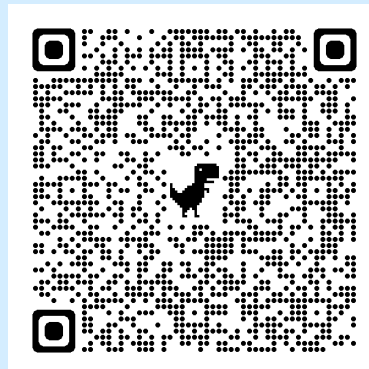
Pacific County Resource Guide

Pacific County Public Health and Human Services is proud to announce that the NEW Pacific County Resource Guide is ready and available to the public!

What is the Resource Guide?

The Resource Guide is a comprehensive list of all of the agencies and programs available to the public in Pacific County. They are sorted by their purpose or niche, including support groups, veterans, and healthcare. You can scan the QR code to the right to access the electronic version.

Printout available through the Pacific County COVID-19 website!



Calendar for June 2023 (United States)

June						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	Opioid Summit @ 10 am	3
4	5	6	7	8	9	10
11	TAC General Meeting @ 3:30	13	 QPR Meeting @ 9:30 am <i>Flag Day</i>	15	16	17
 HAPPY FATHER'S DAY	<i>Juneteenth</i>	20	21	22	23	24
25	26	27	28	29	30	
Phases of the Moon: 3: ☉ 10: ☾ 18: ● 26: ☾						
Holidays and Observances: 14: <i>Flag Day</i> , 18: <i>Father's Day</i> , 19: <i>Juneteenth</i>						

Upcoming Events

Sources of Strength Week April 10th-14th <i>Family Resources Navigators and TAC</i>	<p>The tri-district schools are about to have their annual Sources of Strength Week held by the Family Resource Navigators. We use this strength based prevention program to help promote healthy coping skills and help provide resilience to students. There are eight sources of strength that we as a group hope to highlight every year: mental health, family support, positive friends, mentors, healthy activities, generosity, spirituality, and medical access. Each day will have a different strength as the topic and will have activities pertaining to that strength. Examples are Mentor Monday (writing thank you notes or identifying positive mentors in the school and in the students home life), Healthy Activities (fun games during lunch like bowling or other mini games), Positive Friends (matching with your friend(s) for the school day), and other fun activities!</p>
National RX Takeback Day April 22nd <i>Wellspring</i>	<p>The semi-annual RX Takeback, in collaboration with a national effort by the Drug Enforcement Agency (DEA) is happening on Saturday, April 22. The event will be held from 10-2 at Sid's Market in Seaview. With the great help of our local law enforcement professionals, Wellspring will be there to take back any of your unused, unwanted or expired medications. They can accept any prescription or over-the-counter medications (including things like vitamins or old cough syrup), and can even take back pet medications! The only caveat is that they cannot accept inhalers or injectables/syringes. Otherwise, clean out your medicine cabinet and bring it on down! Disposing of your unwanted meds in this way prevents overdose, prevents them from falling into the hands of someone they aren't meant for, and keeps our waterways clean (ie, don't flush them down the toilet!). Plus we have a lot of fun chatting with everyone. You get to clean out a cabinet, be a part of prevention, AND have fun! Slam dunk. See you there!</p>
Adventure Day May 22- June 2 <i>PCHD</i>	<p>A low ropes course event for 6th graders hosted by PCHD. During Adventure Day, students will learn teamwork skills, bond with classmates, gain confidence, and develop problem-solving strategies. Health department employees and qualified volunteers are trained and certified by a national agency to guide students through each obstacle safely. The program takes about half of a school day, and every year we coordinate with our sixth-grade teachers to arrange days that work, buses for transport, permission slips, etc.</p>
QPR Various dates <i>ESD113</i>	<p>Question. Persuade. Refer. This course is designed with the goal for individuals to be able to identify and interrupt a mental health crisis and help guide that person to the proper care. A Gatekeeper is someone in a position to recognize a mental health crisis and the warning signs that someone may be contemplating suicide. Please see flyer further into this newsletter for information and sign up.</p>
Opioid Summit June 2nd <i>PCHD</i>	<p>Introducing the Opioid Summit! The Opioid Summit is a place where you can learn about organizations that are working to end Opioid Use Disorder, how to strengthen treatment and recovery in our community, and about misinformation on opioids, fentanyl, and other myths that are common in society. See the attached flyer further into the newsletter for all information.</p>

Recurring Events/ Meetings

Community Awareness Dinner <i>TBA</i> Peace of Mind	Community Awareness Dinners are a community learning experience in collaboration with our various partners. Held once quarterly.	Music and Movement for a Healthy Mind <i>4th Wednesday</i> Peace of Mind	4th Wed at Ocean Park Lutheran Church
TAC General Meeting @ 3:30 TAC	General Meetings are held the second Monday of every month at 3:30PM. Our next meeting is October 3rd (One week earlier in observance of Indigenous Peoples Day.)	Weekly Wellness Walk <i>11 am</i> Peace of Mind	11:00 a.m. Golden Sands Walking Path, Ocean Park
KC's Koffee Hour <i>1st and 3rd Wednesday at 1pm</i> Peace of Mind	1st and 3rd Wed. 1:00 p.m. at Ocean Park Lutheran Church		
Art for a Healthy Mind <i>2nd Wednesdays at 1pm</i> Peace of Mind	2nd Wed 1:00 p.m. at Ocean Park Lutheran Church		
Youth Art for a Healthy Mind Peace of Mind	In collaboration with Dylan Jude Harrell Community Center		
Men's Support <i>2nd and 4th Wednesdays at 5:15pm</i> Peace of Mind	2nd and 4th Wed 5:15 p.m. Whalebone House Cottage, Ocean Park		

COMMUNITY CONVERSATIONS

ON STIGMA AND OPIOID USE DISORDER

This is not an academic workshop about stigma. It is a conversation for participants to explore stigma, how we support people with Substance Use Disorder (SUD) and their families, and how we work together in our communities to reduce stigma. We use portraits and videos to facilitate discussion, making it very interactive.

Interested in attending? Email Abby Bentley at abentley@co.pacific.wa.us

Ilwaco

All trainings are at the Ilwaco Community Room

- May 22nd 9:30-11:30 am
- May 22nd 1:30-3:30 pm
- May 23rd 9:30am-12:30pm
TRAIN THE TRAINER

Grays Harbor

- May 24th 9:30-11:30 am
Westport Winery
- May 24th 3-5 pm
Quinault Wellness Center
- May 25th 9:30-11:30 am
Summit Pacific
- May 25th 1:15-4:15 pm
TRAIN THE TRAINER
Summit Pacific



In partnership with UR Recovery Center of Excellence

This HRSA RCORP RCOE program is supported by the Health Resources & Services Administration (HRSA) of the US Department of Health & Human Services (HHS) as part of an award totaling \$15.7M with 0% financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by HRSA, HHS or the US Government.

QUESTION. PERSUADE. REFER.



Question. Persuade. Refer. This course is designed with the goal for individuals to be able to identify and interrupt a mental health crisis and help guide that person to the proper care. A Gatekeeper is someone in a position to recognize a mental health crisis and the warning signs that someone may be contemplating suicide.

As a Gatekeeper you will learn:

- *Recognize the warning signs of suicide*
- *Know how to get help and save a life*
- *Know how to offer hope*



January 25, 2023

1 PM | Pacific Time

Register today: <https://bit.ly/3h82ez0>



April 26, 2023

1 PM | Pacific Time

Register today: <https://bit.ly/3P3G9OF>



February 22, 2023

2:30 PM | Pacific Time

Register today: <https://bit.ly/3BfsaPT>



May 31, 2023

2:30 PM | Pacific Time

Register today: <https://bit.ly/3FzGHZz>



March 30, 2023 *NEW DATE

9:30 AM | Pacific Time

Register today: <https://bit.ly/3F72yG3>



June 14, 2023

9:30 AM | Pacific Time

Register today: <https://bit.ly/3uvW3rC>



Submit by
June 1st

Pride Sticker Contest



Winner will have
their sitckers
given out at Pride

Participants must
be 18 and under or
enrolled in high
school

Scan to submit your
design!!

**What is Pride to you? Is it
rainbows? Intersectionality?
Queer joy? Express your Pride
in sticker form!**



Questions? Contact abirebben@gmail.com



2023 Pacific County OPIOID SUMMIT

JUNE 2, 2023

Join us in person at the Willapa Harbor Chamber of Commerce or virtually through Zoom! Event begins at 10 am and will end before 4pm.

OPEN TO EVERYONE!



Learn about resources

See presentations from local organizations that are working to end Opioid Use Disorder. Get the low down on the top-of-the-line evidence based strategies used in Opioid Use Disorder Treatment.



Strengthen our community

What role can we play in treatment and recovery? How can we form a community-based response to the opioid epidemic? Hear interdisciplinary responses to substance use in our county.



Dispel misinformation

Learn the fact v fiction of fentanyl, opioids, and opioid treatment from law enforcement, medical professionals, and mental health professionals who deal with these things on a daily basis.



**TO REGISTER, SCAN THE QR
CODE ABOVE WITH YOUR
PHONE'S CAMERA OR VISIT
[HTTPS://FORMS.GLE/HTS2JUM
4U4YV6XBN9](https://forms.gle/HTS2JUM4U4YV6XBN9)**

Registration is free, and lunch is provided for attendees at the in-person event.



**COMMENTS, QUESTIONS,
CONCERNS? CONTACT**

Abby Bentley
abentley@co.pacific.wa.us
(360) 642-9349 x2626



Willapa Commons

- Presented by -

Willapa Behavioral Health and Wellness

Available Resources For Our Patrons

- Access to Internet
- Healthy Snacks
- Water/Coffee
- Board Games
- Connection to Resources

A gathering place where people...

- Struggling with mental health or recovery can come to relax and feel safe.
- Struggling with their mental health or recovery can connect and feel a sense of community.
- Can receive help in maintaining their sobriety.
- Can talk with a certified peer counselor.
- Can receive help finding resources.
- Can participate in and help plan fun activities.



25902 Vernon Ave. Ste. B
Ocean Park, WA 98960

Hours of Operation:
Monday – Friday 9:00-5:00

Contact:
Andrew King at 360-214-8984 or
kinga@willapabh.org

Donations Are Always Welcome

Things we can use:

- Monetary donations
- Sugar
- Coffee/Coffee Creamer/Disposable Cups
- Healthy Snacks/Food
- Toothbrush/Paste & holder
- Laundry Mat Vouchers
- Bus Passes
- Underwear/Sweatpants & shirts/T-Shirts



Willapa Behavioral Health and Wellness

- Presents -

Families First

Example of Skills Taught

- Positive Communication
- Positive/Supportive Relationships
- Disciplining without anger/violence
- Problem Solving/Consequential thinking
- Anger Management
- Other skills targeting identified needs

Who Does Families First Serve?

The youth, parents, and families referred to the program may have a variety of emotional and behavioral challenges. Some youth/families have been diagnosed with mental illnesses, some may be ungovernable, and others are reacting poorly to struggling family environments.

Families First can be very helpful to youth and families who are incarceration-impacted, corrections involved, or have experienced inpatient behavioral health treatment and are coming back into the home.

What is Families First

- Behavioral intervention that works with families in their own homes
- Program is approximately 8-12 weeks, 6-10 hours a week depending on need
- Builds skills targeting family goals and needs through teaching, modeling, and role-playing
- Active teaching to engage family members
- Focus on individual and family strengths
- Negative behaviors typically decrease by 27 points (as measured by the Youth Outcome Questionnaire), a 13-point change is clinically significant
- Follow-up is available based on parent/guardian preference

Contact: John Good 360-227-1676 or goodj@willapabh.org



*"Caregiving often calls us to lean
into love we didn't know
possible." **

Caregiver Support Group

First Thursday of the month
1:00 - 2:00
Naselle Clinic
Contact: 360-642-6330
rcassidy@oceanbeachhospital.com

The Caregiver support group meets the **first Thursday of every month** and offers a safe place to discuss the stresses, challenges, and rewards of providing care for a love one.

All are welcome; share your experience, advice, and support to other caregivers.

Light snacks will be provided.



* Tina Walker, *The Inspired Caregiver: Finding Joy While Caring for Those you Love*



A behavioral health agency

Call Today!
360.261.6930
www.cihealthservices.com

Community Integrated Health Services (CIHS) is open to serve you out of 10 locations in our five-county service area (Cowlitz, Grays Harbor, Lewis, Pacific, and Wahkiakum). CIHS provides in-office and community-based behavioral health services.



OUR SERVICES ARE AVAILABLE IN-PERSON, VIDEO, OR BY PHONE.

CIHS provides in-person services whenever possible. We also offer Telehealth services (video and phone) to individuals covered by Medicaid for mental health, substance use treatment, and assessments.

CIHS provides behavioral health services at the following locations:

COWLITZ:

1116 14th Ave
Longview, WA

1128 Broadway St
Longview, WA

GRAYS HARBOR:

618 W Market St
Aberdeen, WA

110 W Market St STE 205
Aberdeen, WA

LEWIS:

1707 Cooks Hill Rd
Centralia, WA

1616 S Gold St STE 4
Centralia, WA

1720 S Gold Street
Centralia, WA

PACIFIC:

335 Third St
Raymond, WA

152 First Ave N
Ilwaco, WA

WAHKIAKUM:

427 Columbia Street
Cathlamet, WA 98612

360.261.6930

www.cihealthservices.com

Our Programs

General Outpatient Services *(available in all five counties)*

- * Services for adults, children, and families in need of behavioral health support

Flexible Assertive Community Treatment (FACT) *(available in Cowlitz, Grays Harbor, & Lewis Counties)*

- * FACT provides 24/7 and after-hours services for people with mental health needs and a history of multiple visits to an ED, inpatient psychiatric hospitalizations, and/or contacts with law enforcement related to their behavioral health challenges.

Wraparound with Intensive Services (WiSe) *(available in all five counties)*

- * WiSe provides 24/7 and after-hours services in the home to support youth with intensive mental health needs and their families.

School-Based Services *(available in Cowlitz, Lewis, & Pacific Counties)*

- * By referral, in-person counseling provided in the school setting (or telehealth during pandemic lockdown).

Substance Abuse Program *(available in Cowlitz, Grays Harbor & Lewis Counties)*

- * SUD outpatient and intensive outpatient program provides SUD assessments and coordinates detox and residential inpatient placements. Services for adults and youth.

School-Threat Assessment Care Coordination (S-TACC) *(available in Cowlitz & Lewis Counties)*

- * Behavioral health monitoring of a child expelled from having made targeted threats of violence toward the school or community (services are provided in home or via telehealth).

Trueblood Jail Diversion *(available in all five counties)*

- * The Trueblood Jail Diversion team engages and assesses incarcerated individuals with mental health issues to assist them in setting up basic needs, meeting court requirements, and developing healthy practices in order to reduce recidivism.

Jail Transition *(available in Cowlitz, Grays Harbor, & Pacific Counties)*

- * Jail Transition works with arrested and incarcerated individuals needing behavioral health care, providing interim assessment and therapy, and helping them transition to a provider in the community.

Peer Bridges *(available in all five counties)*

- * Provide lived-in support, guidance, and hope to those discharging from Western State Hospital.

EAP *(available in Cowlitz, Grays Harbor, & Lewis Counties)*

- * Our Employee Assistance Program provides up to 6 free confidential counseling sessions to help employees deal with family, work, and other life challenges. This is a contracted employer-paid program.

Intensive Residential Treatment (IRT) *(available in all five counties)*

- * IRT provides 24/7 and after-hours services for people who are discharging from Western State Hospital or residential mental health facilities and need assistance with transitioning to the community.

Worried about losing your home?

Funding and support is available

Call our hotline today at

1-877-894-4663

We speak over **200** languages!



No Citizenship Requirement

- ✓ You **don't** need to be a U.S. citizen to be eligible.
- ✓ We **don't** track citizen or immigration status for you or any member of your household.
- ✓ This help is **free**.

What can I expect?

Washington HAF connects you with a housing counselor within your area who provides **free** and **confidential** support. They can assist you with applying for funding and many other options to prevent foreclosure. Call the Hotline at **1-877-894-4663** for a no-cost assessment.

Beware of scams!

Don't pay anyone who offers to help you for a fee. Washington HAF is the only program authorized to distribute HAF funds in Washington state.



Washington HAF
Homeowner Assistance Fund

This program or project was supported, in whole or in part, by federal award number HAF0025 awarded to the Washington State Housing Finance Commission by the U.S. Department of the Treasury.

For more
information visit:
WashingtonHAF.org



Scan Me

NARCAN® (naloxone HCl) Nasal Spray is an opioid antagonist indicated for the emergency treatment of known or suspected opioid overdose, as manifested by respiratory and/or central nervous system depression. NARCAN® Nasal Spray is intended for immediate administration as emergency therapy in settings where opioids may be present. NARCAN® Nasal Spray is not a substitute for emergency medical care.

If you need a box of naloxone to keep on hand, please visit the Pacific County Health Department office in either South Bend or Long Beach.



Quit today for a better tomorrow!



Quit tobacco today for a better tomorrow!
Visit
Quitline.com,
text READY to
200-400, or
call 1-800-
QUIT-NOW.

Coalition and Program Contacts

Jessica Verboomen

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jverboomen@co.pacific.wa.us

Princess Klus

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Program Coordinator
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Abigail Bentley

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Nikki Fortuna

Peace of Mind
President
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Newsletter

Have a program, coalition, or event you would like highlighted in the Prevention Newsletter? Please contact the Pacific County Health Department ASAP to get into the next newsletter in April, 2023!

