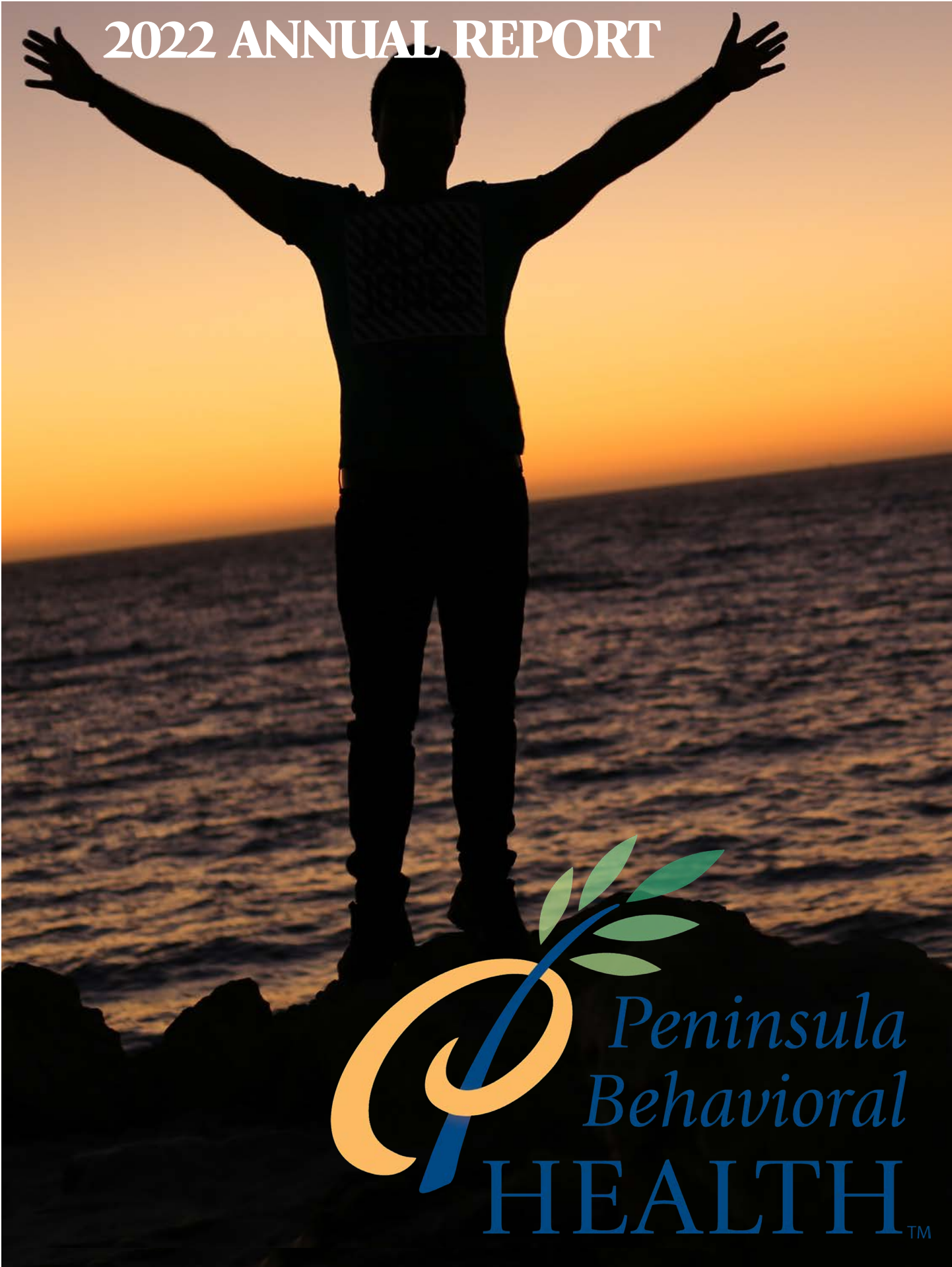


2022 ANNUAL REPORT



*Peninsula
Behavioral*
HEALTH™

135+
STAFF

3,500+
PEOPLE
SERVED

18.8M
BUDGET

BOARD OF DIRECTORS

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THANK YOU TO OUR BOARD!

PBH's Mission: To provide quality comprehensive behavioral healthcare to the residents of our community.

Our Mission

To provide quality comprehensive behavioral health services to the residents of our community.

Our Vision

To support the development of a healthy, caring, and safe community while responding to its evolving needs.

Our Values

Integrity
Dignity
Quality
Collaboration



Wendy Sisk, our CEO, talking about Dawn View Court during the **2022 Annual Gala**.

Table of Contents

- 3 Note from our CEO Wendy Sisk
- 4 Summary of Services
- 5 2022 Community Impact
- 6 Care Navigation
- 7 What is Outreach?
- 8 New Sequim Clinic
- 9 Adult Outpatient
- 10 2022 Annual Gala
- 11 2022 Gala Sponsors
- 12 Annual Donors
- 13 Annual Donors continued
- 14 Financial Report
- 15 Thank you for PBH Staff

A Note From Our CEO, Wendy Sisk

I spend a lot of time talking with community partners and community members. Conversation frequently turns to **one of the biggest concerns in our county**. Over and over, I hear our community identify housing as one of the greatest challenges we face. We have a shortage in our community of workforce housing, low-income housing and supported housing. **Those community members with significant behavioral health needs are at great risk for housing instability.**

Last year in our annual report, we shared with you information about **our exciting endeavor to renovate the All View Motel into low-income housing for those with significant behavioral health needs**. If you told me then that we would still be under construction now, I wouldn't have believed you, yet here we are. The year 2022 has been full of twists, turns and surprises for PBH. We kicked off the year by discovering that over the big freeze near the holidays last year, we had sustained broken pipes at the All View. There was significant water damage that ultimately resulted in drastic changes to the renovation.

Fortunately, for those of us in behavioral health, we know that there can be a silver lining even when things are hard. Helping others overcome adverse experiences is at the core of what we do, so we were well prepared to tackle this new scope of work. As a result of the extensive water damage, we were able to identify other challenges with the building that might not otherwise have been discovered until they became problems down the road. The final result is that the facility will be safer, better constructed and hold up better over time.

PBH is proud to be a part of the solution in Clallam County. These 25 units of very low-income housing targeting those who are currently unsheltered and active in their behavioral health treatment will make a huge impact. **We couldn't have done this important work without the support of our community.** Dawn View Court, as the apartments will be called, will provide the necessary housing and supports to ensure each resident has a path to a fulfilling future.

~ Wendy Sisk

SUMMARY OF SERVICES

308

PEOPLE GIVEN
FINANCIAL AID

377

PEOPLE GIVEN HOMELESS
OUTREACH SERVICES

906

CHILDREN SERVED

3,517

LOCAL PEOPLE SERVED

4,415

CRISIS CONTACTS

21,856

TELEHEALTH SERVICES
PROVIDED

87,455

TOTAL SERVICES
PROVIDED

PBH is on a mission to reduce hospitalizations.

Hospitalizations for mental health crisis put an enormous burden on our community and each individual resident. **PBH helps to minimize hospitalizations by operating a six-bed voluntary crisis stabilization program for adults.**

Providing local crisis care reduces the cost of expensive inpatient treatment for many residents, and alleviates pressure on families, emergency rooms, the Port Angeles and Sequim Police Departments, and Clallam County Jail. PBH works with the Salish Regional Toll-Free Crisis Line to dispatch Designated Crisis Responders and provide residents with **compassionate, effective, and individualized care.**

Thanks to the generous support of our donors, PBH is able to provide art supplies for individuals during their stay at our respite center. Art therapy is used by respite aides to improve functioning, encourage stabilization and help individuals to develop a sense of personal well being. **Thank you donors!**

Clallam County Respite Center

A safe environment where people in crisis receive support.



From left to right: Victoria Chaney, Roberta Anderson, **Alyson McWilliams, Clallam County Respite Center Coordinator** and Shannon Snow.

What is the community saying about it?

"Staff is so kind and willing to help"

"It was so nice being close to the services that I needed"

"Staff is so bright and helpful they made my stay so pleasant"

COMMUNITY IMPACT

Dawn View Court Low-Income Housing Project



Dawn View Court, the former All View Hotel, getting a new roof!



View from the inside of Dawn View Court during construction. PBH is doing a complete renovation including new insulation and plumbing.

143

**LOCALS TRAINED IN
MENTAL HEALTH FIRST AID**

923

**PEOPLE ASSISTED BY
DESIGNATED CRISIS
RESPONDERS**

940

**MOBILE CRISIS OUTREACH
ENCOUNTERS**

2,369

**LOCAL MENTAL HEALTH
CRISES RESOLVED**

3,900

**LUNCHES PROVIDED AT
THE HORIZON DAY CENTER**

4,531

**LOCAL CRISIS PHONE
CALLS TAKEN**

CARE NAVIGATION

The Ultimate Support Role

What is Care Navigation?

Care Navigation is **the entry point for services** at PBH. From the time an individual walks in the door, Care Navigation is there. Staff walk beside individuals for every step of their wellness journey. Not only does Care Navigation provide intake to services at PBH, they provide continued support as long as it is needed.

What does the job of Care Navigation look like?

It is the job of a care navigator to **facilitate** new service and continue to engage people already enrolled in service. Care navigators process incoming referrals, deliver intake assessments, determine medical necessity and identify functional impairments.

Care navigators serve to **guide** people through their care here at PBH by connecting them with internal agency services as well as external community resources.

Care navigators **provide** supplemental, evidence-based life-skill development sessions, in both individual and group settings, with the goal of helping people grow across a range of personal domains.

A story of growth and change.

Over the course of this year, Care Navigation has impacted 657 people!

From assisting with benefits applications to helping individuals return to school, the Care Navigation team really does it all.

If an individual comes into PBH in need of a primary care physician, the Care Navigation Team helps them obtain one. If someone needs a government

cellphone or help transferring their prescriptions, Care Navigation does that too!

It is the mission of the Care Navigation Department to provide the support and assistance an individual needs to achieve their own story of growth and change.

Care navigation also serves to identify uninsured individuals in need of services they cannot afford. Thanks to the generosity of our donors, no one needs to go without care. **Thank you donors!**



From left to right: Shelly Johnson, Marieke Overman, Samantha Rodahl, Michelle Williams, **Nancy Bowman, Care Navigation Supervisor**, Jessica Freeze, Kathy Hansen, Sarah Perry, Dawn O'Neill and Karla Richardson.

What the community has to say about Care Navigation

"I needed a team of people to help me... and all of you were right there waiting, ready and willing to do all you could."

"You give me strength to deal with events that would have been insurmountable without you."



WHAT IS OUTREACH?

The focus of Outreach Services at PBH is to move outside the walls of our agency and engage with our community.

Outreach members connect with individuals who may be struggling with unmet substance use or mental health needs and housing insecurities to connect them with services and resources.

The outreach team is staffed by peers who have lived experience. Many of them have faced similar struggles and challenges in their own lives. The intention when engaging this population is to come alongside the individual

in a way that is compassionate and supportive. Peers work to build strong, positive relationships which foster a shared understanding of how each person's unique circumstances, needs, and life experiences have shaped the trajectory of their lives. It's through ongoing connection and engagement that they are able to understand what barriers and challenges may be preventing individuals from accessing services and obtaining resources.

The outreach team meets people where they are, literally and physically. They provide services, build rapport and trust, and

encourage ongoing engagement. Many of the people they serve live unsheltered in our communities and are the most vulnerable. This is why strong relationships, and a comprehensive understanding of the services provided by our community partners are a big part of the work they do.

It is ongoing communication and collaboration with partners that ensure individuals are connecting with the services they need to achieve their personal success. This is key to truly making a difference in the lives of those we serve.

310 people received outreach services in 2022



Outreach team, Joyce Skubas, Jessica Constant, Roxy Charles, Alex Fermanis, Sandra Allen, Outreach Services Supervisor, Mory Browning and Jess Rangel.

NEW SEQUIM OFFICE



New Sequim Office Ribbon Cutting on June 27th, 2022



The amazing therapists from our Sequim Clinic, Yaoying Aichele, **Dena Crosby, Sequim Services Supervisor**, Sharon Schubert and Deb Christiansen joined by Pauline Preston, Patient Support Specialist.

Programs Available at the Sequim Office

Children and Adult Outpatient
Substance Use Disorder Services
Wraparound with Intensive Services
Psychiatric Services
Crisis Intervention
Care Navigation
Peers Support
Case Management

The Sequim Office currently offers group and individual therapy sessions for both adults and children. The recent addition of a Designated Crisis Responder has already made an impact on the community. **PBH is reducing the need for Sequim residents in crisis to wait while a Designated Crisis Responder travels nearly thirty minutes from Port Angeles.**

PBH continues to gather information about the growing Sequim needs, both demographically and from our departments networking with Sequim area programs to bring the best possible care to its' citizens. This will help PBH to determine how to best utilize the remaining space in the new Sequim building.

What is the community saying about the new Sequim Office?

"It has a comfortable feel to it"

"A welcoming and inviting space"

"The new space shows a commitment from PBH to the community of Sequim"

"So beautiful and much more space!"

**NOW
OPEN**

ADULT OUTPATIENT



Adult Outpatient Therapists from right to left, Andrea Blake, Alyssa Hayes, Karin Memmer, John Kopp, Rachel Blossom, Kathleen Davis and **Janno Scheer, Adult Outpatient Supervisor.**

Evidence-Based Modality Trainings Completed in 2022

Dialectical Behavior Therapy
Cognitive Behavioral Therapy
Motivational Interviewing
Cognitive Processing Therapy
Strategic Family Therapy
Eye Movement Desensitization
and Reprocessing

Adult Outpatient Therapists are trained in a variety of evidence-based modalities. The application of research findings in their daily patient care practices and clinical decision-making has elevated clinicians ability to problem solve and provide more consistent care to the community. Evidence-based treatments also reduce unnecessary costs for individuals and the community.

When an uninsured or under-insured individual cannot afford therapy, the support of our generous donors allows PBH the flexibility to cover needed treatment costs. **Thank you donors!**

A TEAM-BASED APPROACH

Adult Outpatient serves individuals eighteen years of age or older using evidence-based treatment.

Collaborations with other PBH departments including Community Support Services, Care Navigation, Substance Use Disorder, Outreach and Medical to provide a team based approach in supporting our community members and their identified needs. This collaboration is imperative in creating opportunities for positive outcomes.

More than 600 individuals are currently engaging in continued services!

Four Adult Outpatient Therapists successfully received their independent licensure this year. In addition to staff, PBH is proud to continue providing opportunities to master's level students who require supervised practicum/internship hours in order to successfully complete their program.

2022 ANNUAL GALA



Gala emcee, **Paul Cunningham**, and PBH board president, **Russ Britton**, welcoming guests.

SILENT AUCTION DONORS

Dirty Mary's

Epic Suds and Soap Factory

Fog Horn Olive Oil Company

HarpinJay Creations

Lather & Wicks

Rainshadow Café

Sequim Bee Farm

Todd Fisher Studio and Gallery



Stephanie Land shares the story behind her memoir, *Maid: Hard Work, Low Pay, and a Mother's Will to Survive*



Keynote speaker, **Stephanie Land**, signs copies of her memoir during social hour.

ANNUAL GALA SPONSORS

GOLD SPONSORS

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SILVER SPONSORS

Ann Soule and Dave Shreffler
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Moss Adams
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OlyCAP
Olympic Peninsula Healthy
Community Coalition
Port Angeles Police Department
Peninsula College
Port Angeles Food Bank
Sequim Food Bank
United Way

TABLE SPONSOR

Avamere
North Olympic Healthcare Network

THANK YOU SPONSORS



SAVE THE DATE: MAY 19TH



Sarri Gilman, LMFT is a psychotherapist and author. She teaches Overwhelm Recovery for healthcare and human service providers, educators, and people in public service.

She is the author of *The Mystery of Knowing Journal*, a journal for self-care and boundaries, *Transform Your Boundaries*, and *Naming and Taming Overwhelm for Healthcare and Human Service Providers*.

Sarri ran non-profit organizations for 20 years. Two of the organizations served children and teens who were homeless. She is the founder of Cocoon House in Everett, WA. She taught leadership development for seven years. She has been in practice for 35 years and continues in private practice in her community on Whidbey Island, WA.

For more information, or to purchase your tickets, visit peninsulabelavioral.org/upcoming-events

2022 ANNUAL DONORS

\$75,000

Empire Health Foundation

\$50,000

First Fed Foundation

\$15,001 - \$26,000

Grant and Karen Munro
Gwyn and Paul Wessel

\$10,001 - \$15,000

Dave Shreffler and Ann Soule
Dolores Reher and
Thomasine Schwent

\$10,000

Albert Haller Foundation
Benjamin Phillips Memorial Trust

\$5,001 - \$7,000

Community Health Plan of
Washington
Kitsap Bank

\$5,000

First Federal
Amerigroup WA
Peninsula Daily News

\$2,001- \$4,000

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Jamestown S'Klallam Tribe
Carol and Randy Johnson
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Gene and Norma Turner
James and Marianne Ude

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Sorooptimist International of
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Kathy Stevens

\$251 - \$500

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Network
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Angeles
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Janno Scheer
Team McAleer

to \$250

Adventures Through Kayaking
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Cecille Anderson
Regan Anderson
Tony Anderson
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Christine Burnell
Kaylee Cammack

2022 ANNUAL DONORS

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Donation by
Audrey and Marty Van Dyken

Is your name missing from this list?

We are sorry!

Please let us know so we can
correct our records.

THANK YOU DONORS!

2022 FINANCIAL REPORT

	As of June 30, 2021	As of June 30, 2022
Public Support		
Fully Integrated Managed Care	\$9,637,711	\$11,345,444
Government Grants and Contracts	\$3,278,414	\$6,715,418
Contributions	\$118,958	\$390,964
Total Public Support	\$13,035,083	\$18,451,826
Patient Service Revenue	\$360,401	\$236,216
Rental and Other Income	\$313,513	\$174,320
TOTAL PUBLIC SUPPORT & REVENUE	\$13,708,997	\$18,862,362
Operating Expenses		
Salaries and Benefits	\$10,846,513	\$11,635,184
Supply and Other Expenses	\$983,419	\$1,360,517
Administrative	\$256,195	\$849,700
Occupancy	\$421,973	\$602,332
Depreciation and Amortization	\$363,279	\$505,703
Interest	\$45,955	\$74,459
Total Operating Expenses	\$12,917,334	\$15,047,895
EXCESS OF REVENUES OVER EXPENSES	\$791,663	\$3,814,467*

*Excess revenues are a result of capital grants/investments in Dawn View Court and ERTC tax credit receivable, which has not yet been received.

PBH STAFF RAISED NEARLY \$10,000 FOR THE UNITED WAY

SANDRA ALLEN	MEG DEPEW	LAUREN MOSLEY	WILL STEVENSON
CECILLE ANDERSON	JESSICA FOLEY	NICOLE NELSON	BIRGIT TALMAN
TONY ANDERSON	DEBORAH FREDSON	KYLE NERVIK	SYDNEY UPHAM-
REGAN ANDERSON	JESSICA FREEZE	PEARL PALLISTER	SOELTER
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NANCY BOWMAN	RHIANNON KARNAS	SAMANTHA RODAHL	ROSARIO ZENOBI
KERRIE BUIS	KAYLA KRESSLER	CINDY ROSS	THANK YOU!
SUSAN BURKE	SARAH LEWIS	JANNO SCHEER	
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United Way
of Clallam County

THANK YOU FROM OUR STAFF



YES! I WANT TO

\$25 per month raises **\$300** and supports art and music therapy for our respite center.

\$100 per month raises **\$1,200** and grants access to one year of therapy for an uninsured person.

- RSVP FOR THE GALA**
- MAKE A ONE TIME GIFT**
- MAKE MY GIFT MONTHLY**
- MAKE MY GIFT ANNUAL**

It's not too late to support PBH with a charitable contribution for 2022! Return this form to 118 E 8th St, Port Angeles or visit www.peninsulabehavioral.org

RSVP FOR THE 5.19.23 GALA

THANK YOU!



YES! Reserve _____ (#tix at \$95 each)

Name _____

GIVE A GIFT TO PBH

Email _____

\$25 \$50 \$100

Phone _____

\$250 \$500 \$ _____

Card # _____

Street Address _____

Expiration ____/____ CSV # _____

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