

November 2024 Newsletter

Peninsula Behavioral Health's mission is to provide quality comprehensive behavioral health services to the residents of our community.

PBH Opens Transitional Support House in Sequim!

PBH celebrated an Open House and Ribbon Cutting Ceremony on our "new" Transitional Support Home in Sequim on October 16th.

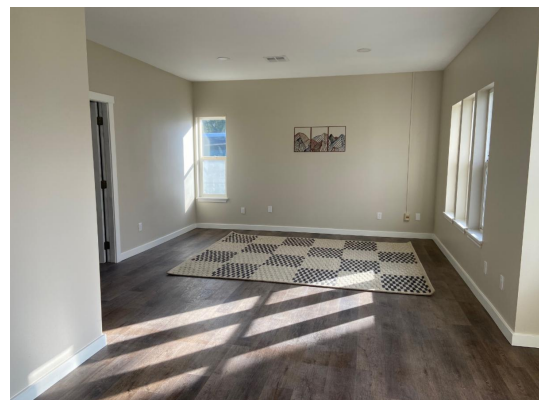


The Sequim House will provide Transitional Supportive living for five (5) adults. This home is for clients who have higher needs for supports with independent living.



Eligibility for PBH Transitional Supportive Homes is limited to active PBH clients with complex behavioral health needs requiring additional supports.

The cost to transform the former PBH office back to a residential home was \$250,000 and funded through Clallam County Housing Solutions Committee 1406 and 1590 funding for affordable and supportive housing projects.



[Read the Sequim Gazette Article HERE](#)



National Stress Awareness Day November 6th

National Stress Awareness Day aims to raise awareness about stress and the impacts of stress. Stress can't be completely avoided in life today, but its impact can certainly be reduced or minimized. Learning to implement creative ways to reduce stress is a vital part of making the most out of life. Try engaging in these activities for reducing stress:

- **Deep Breathing Exercises:**

Many times, the mind simply needs a timeout to get recentered and calm down. Deep Breathing is a great way to regain focus and get reenergized, even for just a couple of minutes in the middle of a workday.

- **Regular Exercise:** One excellent way to keep stress at bay is to keep the body moving. Running, walking, bicycling, or movement activities like yoga can all be incorporated into an anti-stress lifestyle.
- **Reduce Caffeine:** A healthier diet can be a huge stress-buster, and caffeine can be a significant culprit for creating anxiety. Limit the caffeine to one small serving a day to gain a noticeable difference in the amount of stress put on the body and the adrenal system.
- **Journal or Talk About Feelings:** One way to cope with stress is to tell a friend or therapist about difficult things in life. Don't have one? No worries! Journaling can sometimes be just as therapeutic as a listening ear.

Senior Wellness Fair November 6th

Join us at the 1st Annual Port Angeles Senior Center Health & Wellness Fair on November 6th from 9am-12pm at the Port Angeles Senior & Community Center.

The event is FREE and will have wellness activities, prizes, and lunch!

Participating agencies include Olympic Medical Center, Fred Hutch Cancer Center, Jamestown HealthCARE, Lower Elwha Family Health



Details of the event:

Date: Wednesday, November 6th, 2024

Clinic, Peninsula Behavioral Health, North Olympic Healthcare Network, Olympic Peninsula Community Clinic, and Clallam County Health Department.

Time: 9 AM to Noon

Location: Port Angeles Senior & Community Center
328 East 7th St, Port Angeles

Cost: Free and open to the public

Resilient Reentry Resources Reduces Recidivism

Clallam & Jefferson County Reentry Simulation

Friday
November 8
9:00a - 3:00p

REGISTER BY OCTOBER 25
<https://tinyurl.com/5b649dmf>

John Wayne Marina
2577 W Sequim Bay Rd
Sequim, WA 98382

Presented By:

- Salish Behavioral Health Administration Services Organization
- KITSAP strong
- WASHING STATEWIDE REENTRY COUNCIL
- CLALLAM RESILIENCE PROJECT

Clallam & Jefferson County Reentry Simulation *November 8th*

Clallam and Jefferson Counties will be hosting a Reentry Simulation on Friday, November 8th at the John Wayne Marina, located at 2577 W. Sequim Bay Rd.

The Reentry Simulation is designed to give participants a firsthand understanding of the significant obstacles faced by men and women attempting to navigate the system upon their release from incarceration and return to their communities.

Date: Friday, November 8th, 2024

Time: 9 AM to 3 PM

Location: John Wayne Marina
2577 W. Sequim Bay Rd., Sequim

Cost: Free

November Office Closures *November 11, 28 & 29*

In honor of Veterans Day, PBH's offices will be closed on Monday, November 11, 2024.

PBH's offices will also be closed on November 28th and 29th for the Thanksgiving holiday.

As a reminder, PBH's Designated Crisis Responder is available 24/7 for crisis intervention. Call the 24/7 Salish Regional Toll-Free Crisis Line

Upcoming Office Closures

Monday, Nov. 11th	Veterans Day
Thursday, Nov. 28th	Thanksgiving Day
Friday, Nov. 29th	Thanksgiving Holiday

Peninsula Behavioral HEALTH
Hope starts here

Transgender Awareness Week

November 13th - 19th

Transgender Awareness Week is a week when transgender persons and their allies take action to bring attention to the trans community by educating the public about who transgender people are, sharing stories and experiences, and advancing advocacy around issues of prejudice, discrimination, and violence that affect the transgender community.



Learn More About Transgender Awareness Week



Donate Today to the North View Project

Peninsula Behavioral Health invites you to be part of an extraordinary opportunity to transform lives and strengthen our community through the development of a 36-unit Permanent Supportive Housing project, North View. This project aims to provide stable, affordable housing paired with essential support services for individuals and families facing homelessness.

North View will provide safe, stable housing and essential services for individuals struggling with homelessness and mental health challenges.

What is Permanent Supportive Housing?

Permanent Supportive Housing (PSH) is permanent housing in which housing assistance (e.g., long-term leasing or rental assistance) and support services are provided to assist households with at least one member (adult or child) with a disability in achieving housing stability.

Why Should You Donate to the North View Project?

The North View project will provide:

- **Safe, Stable Housing:** A foundation for health, security, and personal growth.
- **Comprehensive Support:** Services that address mental health and

substance use disorder counseling.

- **Community Transformation:** By reducing homelessness, we create a stronger, more inclusive community.
- **Proven Impact:** Permanent Supportive Housing has a track record of reducing emergency room visits, incarceration, and reliance on social services.

Together, we can break the cycle of homelessness and give vulnerable individuals the resources they need to thrive.

[Donate to the North View Project](#)

Youth Mental Health First Aid Trainings November 13, 2024

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or substance use challenge. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including ADHD), and eating disorders.

WHEN: **November 13, 2024,**

10:00am – 4:00pm

WHERE: Trinity United Methodist Church, Sequim, WA



Sometimes, first aid isn't a bandage, or CPR, or the Heimlich, or calling 911... Sometimes, first aid is YOU!

Free Classes

A youth you know could be experiencing a mental illness or crisis. You can help them.

Free classes made possible through grant funding from Clallam County Health and Human Services

Youth Mental Health First Aid is a nationally recognized certification course that will teach you how to identify, understand, and respond to signs of mental illness, substance abuse disorders and challenges that youth face in our community.

Take a course. Save a life.
Strengthen your Community

Peninsula Behavioral HEALTH

Youth Mental Health First Aid Training
November 13, 2024, 10:00am - 4:00pm
Hosted by Trinity United Methodist Church
100 S. Blake Ave, Sequim, WA
2.0 hours of self-paced, online pre-work must be completed before the instructor-led training.

USA Youth MENTAL HEALTH FIRST AID

Adapted from the Mental Health First Aid Action Plan

Adapted from the Mental Health First Aid Action Plan

Learn more about this program

Get more information and resources

Encourage appropriate professional help

Encourage self-help and other support strategies

Space is limited! Reserve a seat today!

Contact Kathy Hansen:
360-457-0431 x 531139
kathyh@peninsulabehavioral.org

[Email Kathy Hansen to Register](#)
or call (360) 457-0431 x 531139

Practicing Gratitude

Gratitude may be the best-kept secret to help reduce stress and feel better. Practicing gratitude every day can improve your physical and emotional well-being.

Ideas for Practicing Gratitude:

Think about why you are grateful for you.

Are you grateful for good health?

For a project you have completed?

Write a letter to a friend or call someone and tell them you are grateful for them.

Let them know why you are grateful for them.

Do a favor for someone you are grateful for.

Help others when you can.



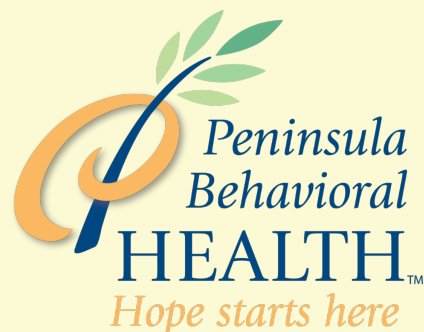
Start a gratitude journal.

Give yourself 10-15 minutes a week to write down what you are grateful for.

Did you know?

Gratitude lowers stress hormones in the body.

[Read More About Gratitude from the CDC](#)



Contact Us



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