

October 2024 Newsletter

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



TOGETHER
WE
BUILD
Futures

Learn about our
project & help us
reach our fundraising
goal of \$150,000!

Your Support Creates Change

DONATE
NOW

North View Project

PBH is building a new 36-unit Permanent Supportive Housing project, named North View, to provide long-term housing solutions for individuals and families experiencing chronic homelessness, disabilities, mental health challenges, and substance use disorders. North View will be conveniently located at the corner of 2nd and Oak Street in Port Angeles, providing easy walkable access to behavioral health services, shopping, employment, public transit and more. We

estimate construction on the North View project to commence in November/December 2024 with construction completion during the first quarter of 2026.

To date, PBH has raised \$5,758,000 for North View through public and private sources, grants, partnerships, and has launched a capital campaign to raise \$150,000. We are inviting community members to donate to the North View project so they can be part of this extraordinary opportunity to transform lives and strengthen our community.

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.

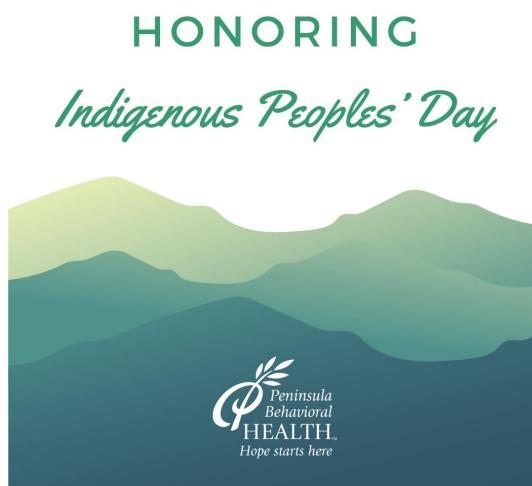
Together, we can break the cycle of homelessness and give vulnerable individuals the resources they need to thrive.

[Learn More About the North View Project](#)

Indigenous Peoples' Day - October 14th

In honor of Indigenous Peoples' Day, PBH's offices will be closed on Monday, October 14, 2024. This day recognizes the rich history, culture, and contributions of Indigenous peoples across the country and we honor our local tribes of the Coast Salish Peoples, in particular the Chimacum, Hoh, Makah, S'Klallam, Suquamish, and Quileute.

We will resume normal business hours on Tuesday, October 15th.



Breast Cancer Awareness Month

1 in 8 women in the United States will be diagnosed with breast cancer in her lifetime. In 2024, an estimated 310,720 women and 2,800 men will be diagnosed with invasive breast cancer. Chances are, you know


at least one person who has been personally affected by breast cancer.

But there is hope. When caught in its earliest, localized stages, the 5-year relative survival rate is 99%. Advances in early detection and treatment methods have significantly increased breast cancer survival rates in recent years, and there are currently over 4 million breast cancer survivors in the United States.

Olympic Community Action Programs (OlyCAP) Community Focus Group Meetings - October 4th & 24th

Olympic Community Action Programs (OlyCAP) is conducting a comprehensive assessment to identify strengths, barriers, and resources in the community to meet the needs of children, youth and families. The insights gained from this survey will guide the enhancement of our services in areas critical to our community, including Early Childhood Education, Housing, and Energy Assistance. Join them on October 4th at the Shipley Center in Sequim or on October 24th at the Vern Burton Center in Port Angeles.

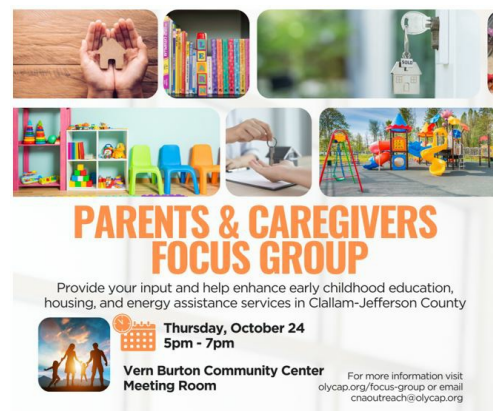
[Learn More About the Focus Group Meetings](#)



YOUR VOICE CAN SHAPE OUR FUTURE!

Share your insights to help us enhance early childhood education, housing, and energy assistance services at our upcoming focus group!

OCTOBER 4, 2024 | 4 - 6 PM
AT THE SHIPLEY CENTER
921 E HAMMOND ST, SEQUIM, WA 98382



PARENTS & CAREGIVERS FOCUS GROUP

Provide your input and help enhance early childhood education, housing, and energy assistance services in Clallam-Jefferson County

Thursday, October 24
5pm - 7pm

Vern Burton Community Center Meeting Room

For more information visit olycap.org/focus-group or email cnoutreach@olycap.org

ⓄShipley Center, Sequim
Ⓞ October 4th from 4-6 PM
Register now: olycap.org/focus-group

ⓄVern Burton Community Center, Port Angeles
Ⓞ October 24th from 5-7 PM
Register now: olycap.org/focus-group

Sequim Public Safety Fair - October 5th

PBH will be at the Sequim Public Safety Fair on Saturday, October 5th at the Guy Cole Event Center in Sequim from 9am - 4pm. Be sure to stop by our table to learn valuable resources for emergency planning. Over 40 public service agencies and displays will be in attendance. This event will be fun for the whole family!

The Guy Cole Event Center is located at 202 North Blake Avenue in Sequim, next to Carrie Blake Park.



FUN FOR THE WHOLE FAMILY!

CCFD/ CERT PUBLIC SAFETY FAIR

Date: October 5, 2024
Location: Guy Cole Event Center, 202 North Blake Ave. in Carrie Blake Park
Time: 9:00 am to 4:00 pm
Sponsored by: CCFD 3 and CERT

Over 40 public service agencies and displays including "touch a truck" for the kids, emergency vehicles, Life Flight helicopter; Expert Speakers including PUD, Tsunamis Expectation, and more!

Re-Entry/Justice Involved

Open to all



Resource Fair

Tuesday, October 8, 2024
10 a.m. to 1 p.m.

Join us at WorkSource Sequim for our 1st Annual Re-entry/ Justice Involved Resource Fair Event. The purpose of this event is to provide information about employment and community resources, for those individuals who have a criminal background history and/or returning home from incarceration.

WorkSource

A proud partner of the American Job Center network

This Hiring Event is made possible by the support and funding from the U.S. Department of Labor's WIOA Title III Wagner-Peyser Employment Services. For more detailed information, see <https://esd.wa.gov/about/revans-amendment>. See QR code



WorkSource Clallam-Jefferson
810 West Brackett Rd
Sequim, WA 98382

Arrive at WorkSource 10:00 am
Visit Local Resources
Serenity House for Housing Assistance
North Olympic HealthCare
DVR, Division of Vocational Rehabilitation
LIUNA 252 Laborers Union
Apprenticeship WA Building Trades
DNR-Dept. of Natural Resources
Express Employment Personnel
11:30 am
Guest Speaker Darryl Riley, Owner/CEO of Hands of Favor LLC and DSR Fitness LLC (Snap Fitness)
Speakers Tim Canepa, Horta Concrete
Mary Kniskern, Sonny's Spaw

For more information, contact Monica Trujillo at Monica.Trujillo@esd.wa.gov or Robin Moreau at Robin.Moreau@esd.wa.gov or at WorkSource Clallam 360.351.4021.

Re-Entry/Justice Involved Resource Fair at WorkSource - October 8th

Join WorkSource Sequim for the 1st Annual Re-Entry/Justice Involved Resource Fair event on Tuesday, October 8th from 10am - 1pm. The purpose of this event is to provide information about employment and community resources for those individuals who have a criminal background history and/or returning home from incarceration. Be sure to stop by the PBH informational table!

WorkSource is located at 810 West Bracket Road in Sequim.

[Learn More About This Event](#)

World Mental Health Day - October 10th

World Mental Health Day is an international day for global mental health education, awareness and advocacy against social stigma. It is observed on October 10 every, with the objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health. It was first celebrated in 1992 at the initiative of the World Federation for Mental Health, a global mental health organization.

The theme for World Mental Health Day 2024 as "It is Time to Prioritize Mental Health in the Workplace"; highlights the importance of creating mentally healthy work environments and addressing mental health challenges in [Learn More About World Mental Health Day](#) the workplace.



Quileute Human

Services Community Support and TANF Fair - October 10th

PBH will have an informational table at the Quileute Human Services Community Support TANF Fair on Thursday, October 10th from 10am - 2pm at the Akalat Center, 1 By Yak Loop in La Push. Learn about financial and supportive services offered to the community. Also, sign up for food benefits, LIHEAP, TANF, volunteer programs and more!



Quileute Human Services Invites you to our Community Support and TANF Fair!

October 10, 2024

10am-2pm

Akalat Center, La Push, WA

Learn about financial and supportive services offered to the community. Sign up for food benefits, LIHEAP, GA, TANF, volunteer programs, and more!

Lunch provided – pizza from Pacific Pizza

For more information contact:

Brittany Hutton

gdhs.director@quileutetribe.com (360) 374 0336



**NATIONAL
COMING OUT
DAY**
October 11

National Coming Out Day - October 11th

On this October 11, National Coming Out Day will continue to raise awareness for individuals within the LGBTQ+ community, and champion the idea that homophobia thrives in silence. On this day, many people who identify as LGBTQ+ will “come out” (a term

stemming from the phrase “come out of the closet”) to friends or family about their sexuality, which is a very big moment!

National Coming Out Day was inspired by a single march. 500,000 people participated in the March on Washington for Lesbian and Gay Rights on October 11, 1987, generating momentum to last for 4 months after the march had ended. During this period, over a hundred LGBTQ+ identifying individuals gathered outside Washington, DC, and decided on creating a national day to celebrate coming out – this began on the 1st anniversary of their historic march.

[Learn More About National Coming Out Day](#)

Albert Haller Foundation Award

PBH has been awarded a grant from The Albert Haller Foundation in the amount of \$7,300 for

emergency resources for participants, including transportation and other basic needs. We thank The Albert Haller Foundation and United Way Clallam County for this valuable grant award.

THE
Albert Haller
FOUNDATION
Est. 1992



Halloween Resource Event - October 24th & 25th

Come and join us for a fun-filled event with activities for the whole family and take advantage of the valuable resources and guidance offered by PBH, Department of Licensing, DSHS, WorkSource, First Step, VIMO, Serenity House, Clallam Transit, NOLS, Peninsula College and more!

Come and join us for a fun-filled event with activities for the whole family, and take advantage of the valuable resources and guidance offered by our participating vendors.

Family-Friendly Activities:

- Costume contest
- Booth/Table Trick or treating
- Halloween carnival games
- and other fun activities



Joyce

- Thursday
- October 24
- 2pm - 6pm

Location:
Crescent Grange
50724 WA-112,
Port Angeles, WA 98363



Neah Bay

- Friday
- October 25
- 12pm - 6pm

Location:
Makah Community Gym
1394 Bayview Ave, Neah
Bay, WA 98357



Forks

- Saturday
- October 26
- 10am - 4pm

Location:
Pending
pending



In collaboration with: the Department of Licensing, DSHS, Work Source, First step, VIMO, Serenity house, PBH, Clallam transit, NOLS, Peninsula College and many more

October 24th, 2pm-6pm

Crescent Grange
50724 WA-112, Port Angeles

October 25th, 12pm-6pm

Makah Community Gym

1394 Bayview Ave., Neah Bay

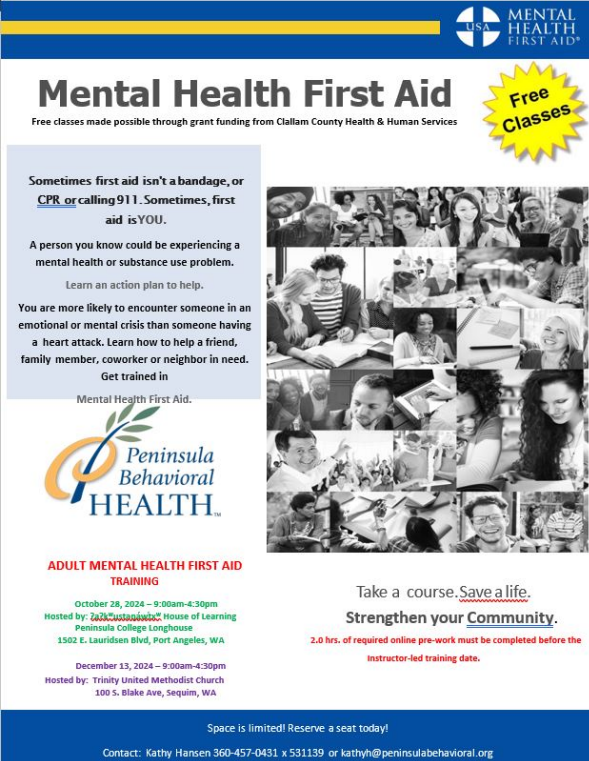
Adult Mental Health First Aid Trainings October 28th & December 13th

The Adult Mental Health First Aid course is appropriate for anyone 18 years and older who wants to learn how to help a person who may be experiencing a mental health-related crisis or problem. Topics covered include anxiety, depression, psychosis, and addictions.

WHEN: **October 28, 2024,**
9:00am - 4:30pm

WHERE: Peninsula College
Longhouse, Port Angeles

WHEN: **December 13, 2024,**
9:00am – 4:30pm
WHERE: Trinity United
Methodist Church, Sequim, WA




Mental Health First Aid
Free classes made possible through grant funding from Clallam County Health & Human Services

Free Classes

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

A person you know could be experiencing a mental health or substance use problem. Learn an action plan to help.

You are more likely to encounter someone in an emotional or mental crisis than someone having a heart attack. Learn how to help a friend, family member, coworker or neighbor in need. Get trained in Mental Health First Aid.



Peninsula Behavioral HEALTH

ADULT MENTAL HEALTH FIRST AID TRAINING

October 28, 2024 – 9:00am-4:30pm
Hosted by: ~~Zach Wassenaar~~ House of Learning
Peninsula College Longhouse
1502 E. Lauridsen Blvd, Port Angeles, WA

December 13, 2024 – 9:00am-4:30pm
Hosted by: Trinity United Methodist Church
100 S. Blake Ave, Sequim, WA

Take a course. Save a life.
Strengthen your Community.

2.0 hrs. of required online pre-work must be completed before the instructor-led training date.

Space is limited! Reserve a seat today!
Contact: Kathy Hansen 360-457-0431 x 531139 or kathyh@peninsulabehavioral.org

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

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.



ALICE: the Mental Health First Aid Action Plan

- Access for risk of suicide or harm
- Listen non-judgmentally
- Give reassurance and information
- 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

Your Support Makes a Difference



Your Support Makes a Difference!

Everyone in our community deserves access to quality, comprehensive behavioral healthcare. As a 501(c)3 nonprofit organization, we depend on the support of individual donors and community partners to bridge the gaps for uninsured and underinsured clients.

All funds raised by our community are used to subsidize care for our neighbors who otherwise could not afford to get help.

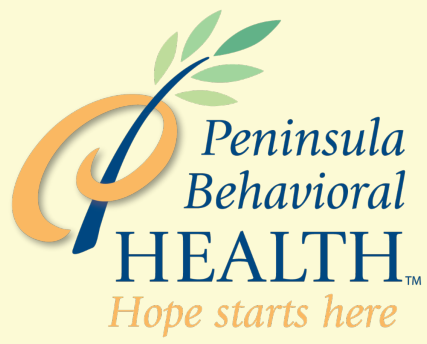
YOU can make a significant difference with a monthly contribution.

- \$10 dollars per month raises \$120 and supports art therapy at our Respite Center.
- \$25 per month raises \$300 and supports art and music therapy for our Horizon Day Center.
- A one-time donation of \$50 supplies one outfit for someone stabilizing at our Respite Center.
- \$100 per month provides essential therapy for an underinsured person.
- A one-time donation of \$350 provides hot lunches for a week at our Horizon Day Center.

[Donate TODAY!](#)

[Contact Us](#)





Peninsula Behavioral Health | 118 E 8th St | Port Angeles, WA 98362 US

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