

September 2024 Newsletter

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

September is Suicide Prevention Month

September is National Suicide Prevention Month – a time to remember the lives lost to suicide, acknowledge the millions more who have experienced suicidal thoughts, and the many individuals, families and communities that have been impacted by suicide. It's also a time to raise awareness about suicide prevention and share messages of hope.



Learn more on NAMI's website

**Suicide
Warning Signs
for
ADULTS**

Risk is greater if a behavior is

**Suicide
Warning Signs
for
YOUTH**

It's time to take action if you

new or has increased, and if it seems related to a painful event, loss or change.

- Talking about or making plans for suicide.
- Acting anxious or agitated, behaving recklessly.
- Talking about being a burden to others.
- Talking about feeling trapped or in unbearable pain.
- Increasing the use of alcohol or drugs.
- Talking about feeling hopeless or having no reason to live.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

notice these signs in family or friends:

- Talking about or making plans for suicide.
- Expressing hopelessness about the future.
- Displaying severe/overwhelming emotional pain or distress.
- Showing worrisome changes in behavior.
- Withdrawal from or changing social connections/situations.
- Changes in sleep (increased or decreased).
- Anger or hostility that seems out of character or out of context.
- Recent increased agitation or irritability.

*Suicide warning sign information is from SAMHSA.

[Learn more here.](#)



International Overdose Awareness Day

On August 31, 2024, Peninsula Behavioral Health, North Olympic Healthcare Network, Clallam County Public Health, Klallam Counseling Services, Reflections Counseling Services



Group, Jamestown Healing Clinic, Clallam County Sheriff King, Clallam County Prosecuting Attorney Mark Nichols, Port Angeles Mayor Kate Dexter and many community members unified in support of International Overdose Awareness Day. The event included a Resource Fair, Silent March to Clallam County Courthouse and a Remembrance Ceremony.

If you missed this event, International Overdose Awareness Day is held annually on August 31st.



North View - NEW Permanent Supportive Housing Project

Peninsula Behavioral Health is embarking on a new construction housing project, North View, which is a 36-unit Permanent Supportive Housing facility strategically situated on 2nd and Oak Streets in Port Angeles. This project will provide long-term housing solutions for individuals experiencing chronic homelessness or residing in inadequate conditions, particularly those with serious behavioral health disorders. We understand that it is difficult to manage any chronic health condition if you don't have safe and stable housing.

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



North View's accommodations

North View's 36-units will consist of:

- 4 two-bedroom units
- 25 one-bedroom units
- 7 studio units
- (5 of the units will be ADA compliant)

include:

- Fourth floor community room with views of the Strait and Mountains
- Two rooftop decks accessed from the fourth floor
- Centralized laundry
- Bike storage
- Utilities including broadband internet to be included in rent
- 1 EV Charger

Clallam County Commissioners Approve \$2M for North View Project

On September 3, 2024, Clallam County Commissioners approved a \$2M allocation from the Behavioral Health Fund for Peninsula Behavioral Health's North View supportive housing project.

Northview, a 36-unit multifamily permanent supported housing facility, will be designed to provide wraparound housing services to individuals with behavioral health challenges.



National Addiction Professionals Day on September 20th

With overdose rates reaching the highest numbers on record in the past couple of years, we need to remember to pause on Friday, September 20, 2024, to celebrate vital players of the health system and continuum of care: addiction professionals.

Started by NAADAC, the Association for Addiction Professionals in 1992, the day was established to commemorate the hard work that addiction professionals do on a daily basis. Help us make this year the biggest celebration yet by spreading the word that addiction professionals are amazing!

[Learn More About National Addiction Professionals Day](#)

**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: [Zack 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

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

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 nonjudgmentally
- 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!

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.

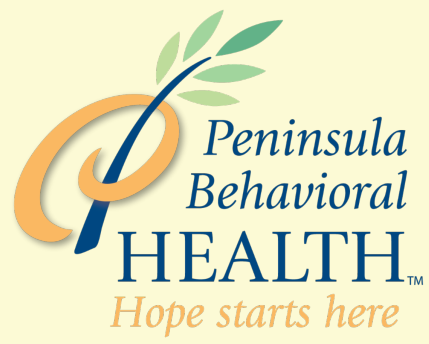
YOU can make a significant difference with a monthly contribution.

- \$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.
- A one-time donation of \$70 provides hot lunch for one day at our Horizon Day 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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