

January 2025 Newsletter

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



Happy New Year! *January is Mental Health Awareness Month*

From all of us at PBH, we wish you a Happy New Year! As we step into 2025, let's take a moment to embrace hope, renewal, and the opportunity to grow stronger together.

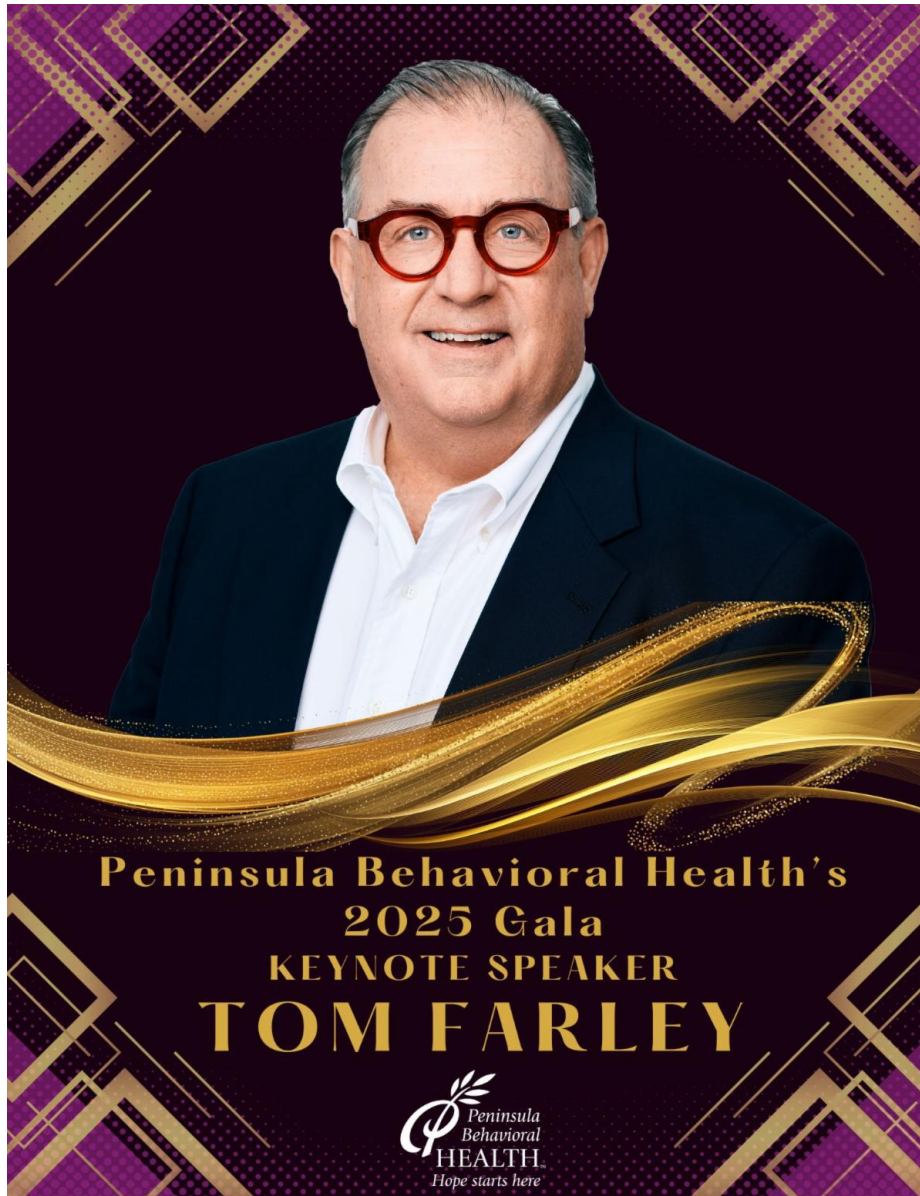
January is Mental Wellness Month – the perfect time to recharge and prioritize your mental health, while encouraging others to do the same. With **studies** showing

that almost half of adults (46.4 percent) will experience a mental health challenge during their lifetime in the United States, your commitment to advocating for mental health is needed now more than ever to help improve lives.

As we kick off the new year with Mental Wellness Month, here are five impactful ways you can show your support for Mental Health First Aid (MHFA) this month and beyond.

1. Share Your Story
2. Engage in Mental Health Conversations
3. Lead by Example & Practice Self Care
4. Celebrate Mental Health First Aid with Pride!
5. Support Mental Health Initiatives

[Read this Mental Health First Aid Article Online](#)



Announcing the 2025 Gala *Featuring Keynote Speaker, Tom Farley*

Join us for an unforgettable evening on May 2, 2025, featuring an inspiring keynote presentation on resilience and mental health by Tom Farley.

Event Details:

- Location: Field Arts and Events Hall
- Doors Open: 4:30 PM
- Keynote Presentation: 5:15 PM

Tickets are \$135 each and include:

- Access to Tom Farley's keynote presentation
- A delicious Tri-Tip & Salmon Buffet Dinner
- An engaging Silent Auction

About Tom Farley

Tom Farley is a leading voice in substance abuse prevention. In 1999, he founded The Chris Farley Foundation, a nationally recognized non-profit that

used humor and storytelling to engage youth audiences on the dangers of substance abuse.

Much like his brother, the late comedian Chris Farley, Tom combines wit and heart to deliver powerful messages. His bestselling book, *The Chris Farley Show*, offers a candid and heartfelt look into his brother's life and struggles, inspiring audiences to reflect, connect, and grow.

As a motivational speaker, Tom delivers heartfelt and inspiring messages on addiction prevention and recovery, helping others navigate their paths to healing.

Tickets go on sale in mid-January—don't miss out on this special event!



Seeking Sponsors for our Annual Gala

We invite you to be a part of something truly transformative - Peninsula Behavioral Health's Annual Gala. This extraordinary event is about changing lives, building stronger communities, and making a lasting impact!

At PBH, we're on a mission to support our community where mental health is celebrated, not stigmatized. Our Annual Gala isn't just another gathering; it's our flagship fundraiser, and every dollar you contribute plays a pivotal role in the lives of countless individuals and families.

We would be honored to have your sponsorship for our Annual Gala.

Sponsor Benefits:

- Acknowledgment in marketing materials;
- Recognition on social media posts, PBH Website;
- Inclusion in event programs;
- Signage at the event; and
- Recognition by event speakers from the podium.

Sponsorship Tiers:

Title Sponsor - \$20,000 donation
Platinum Sponsor - \$10,000 donation
Gold Sponsor - \$5,000 donation
Silver Sponsor - \$2,500 donation
Bronze Sponsor - \$1,500 donation

Contact PBH's Development Department at (360) 457-0431 ext. 531159 or

dev@peninsulabehavioral.org for sponsorship inquiries.

January Office Closures

January 1st and 20th

PBH's offices will be closed on Wednesday, January 1st for the New Year's holiday and Monday, January 20th for the Martin Luther King, Jr. Day holiday.

As a reminder, PBH's Designated Crisis Responder is available 24/7 for crisis intervention at 1-888-910-0416.

January Office Closures

January 1st - New Year's Day

January 20th - Martin Luther King Jr., Day



North View Groundbreaking Ceremony

Thank you to all who joined us at the Groundbreaking Ceremony for the North View project! North View is a 36-unit Permanent Supportive Housing project at the corner of 2nd Street and Oak Street in Port Angeles which will provide stable, affordable housing for individuals and families who have experienced chronic homelessness, while offering support services that promote long-term stability, health, and well-being. North View will prioritize housing for those who are vulnerable, including individuals with disabilities, mental health challenges, and those recovering from substance use disorders.

Local contractor, Neeley Construction has been selected as the general contractor for North View. Neeley Construction Company is a third-generation general contractor with offices in Sequim. Construction is set to commence on January 6, 2025 with an estimated 12 month build timeframe.



PBH Welcomes Danielle DeOliveira as Our New Medical Director

We are excited to announce that Danielle DeOliveira will assume the role of Medical Director at PBH, succeeding Joe Reis, effective January 21, 2025.

Danielle has been an integral part of PBH for over 7 ½ years, providing exceptional clinical care to both adults and children. Over the past two years, she has served as Lead ARNP within our medical department, bringing invaluable expertise and dedication. Danielle's experience spans local care and her work in North Carolina, further enriched by her education at the University of North Carolina – Chapel Hill, where she completed her ARNP training. Her earlier career as an RN included work in inpatient, residential, and outpatient settings.

In addition to her clinical achievements, Danielle has demonstrated exemplary leadership as an active member of the Association of Advanced Practice Psychiatric Nursing, where she is the incoming President-Elect.

We also take this opportunity to thank Joe Reis for his many years of dedicated service. Under his leadership, PBH achieved significant advancements in the medical department, including the establishment of our Spravato clinic, Autism Center of Excellence, and the concept of Kaizen event to streamline processes.

Please join us in congratulating Danielle on her well-earned promotion to Medical Director. We look forward to her continued leadership and the positive impact she will bring to PBH.



PBH Annual Report

PBH is pleased to announce the release of our Annual Report for 2024.

The 2024 Annual Report highlights our financial resilience and programmatic successes, underscoring our dedication to behavioral health advocacy and community support.

Click the link below to meet our Board of Directors, Leadership Team, view the financial report, fundraising efforts, community impact, summary of services and more!

[Read the Annual Report](#)

New Journey's Program

Do you know about the New Journeys program offered at PBH? New Journeys is for individuals experiencing a first-episode of psychosis. Those who are eligible for the program and choose to participate are offered wrap around services including evidence-based psychotherapy, supported employment and education, peer support, case management, family education, and medication management.



New Journeys is for youth and adults between the ages of 15 to 40 years old. The person should have experienced symptoms of psychosis for more than or equal to 1 week and less than or equal to 2 years.

What is psychosis? Psychosis is a collection of symptoms that affect the mind, where there has been some loss of contact with reality. During an episode of psychosis, a person's thoughts and perceptions are disrupted and they may have difficulty recognizing what is real and what is not. Symptoms may include delusions, hallucinations, incoherent speech, and inappropriate behavior.

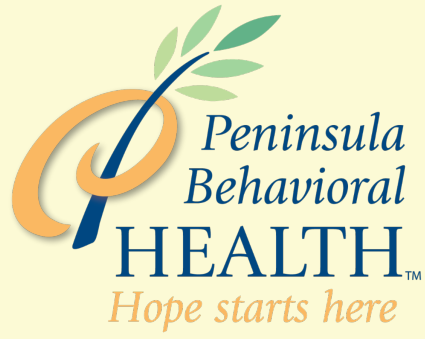
If this describes you or a loved one, call PBH at (360) 457-0431 to schedule your intake appointment today.



PBH Silent Auction Proceeds Raised to Benefit Residential Clients at Christmas and Throughout the Year

PBH's Executive Administrator, Merri Bevans, organized PBH's 8th Annual Silent Auction for PBH staff to participate in on December 18th. The Silent Auction included homemade baked goods, original arts, crocheted and knitted hats/shawls/beanies,

handcrafted jewelry, and holiday décor with all proceeds to benefit PBH residential clients for the Christmas holiday and throughout the year. A total of \$2,594.05 was raised by PBH staff and was the "best year ever," said Bevans.



Contact Us



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