

March 2025 Newsletter

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



March is Self-Harm Awareness Month

Self-injury, or non-suicidal self-harm, affects millions of people worldwide. This month focuses on breaking the stigma surrounding self-harm and encouraging open conversations about mental health. Many individuals who self-harm do so as a coping mechanism for emotional distress, making it

essential to provide support without judgment. People often keep it a secret, but the urge to self-harm isn't uncommon, especially in adolescents and young adults. Many overcome it with treatment.

What Is Self-Harm?: Self-harm or self-injury means hurting yourself on purpose. Hurting yourself—or thinking about hurting yourself—is a sign of emotional distress. These uncomfortable emotions may grow more intense if a person continues to use self-harm as a coping mechanism. Learning other ways to tolerate the mental pain will make you stronger in the long term.

Why People Self-Harm: Self-harm is not a mental illness, but a behavior that indicates a need for better coping skills. Several illnesses are associated with it, including borderline personality disorder, depression, eating disorders, anxiety or posttraumatic distress disorder.

Treatment And Coping: There are effective treatments for self-harm that can allow a person to feel in control again. Psychotherapy is important to any treatment plan. Gently encourage someone to get treatment by stating that self-harm isn't uncommon and doctors and therapists can help.

[Read More](#)



PBH Gala 2025
Featuring keynote Tom Farley
May 2nd

Event Details:

- Location: Field Arts & Events Hall
 - Doors Open: 5 PM
- Keynote Presentation: 5:30 PM

Tickets are \$135 each and include:

- Access to Tom Farley's keynote presentation
- A delicious Tri-Tip & Salmon Buffet Dinner by Red Lion
 - 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.

Thank you to our sponsors!



Genoa Pharmacy Celebrates 7 Years at PBH!

PBH and Genoa Pharmacy celebrated its 7 year partnership on February 7, 2025! This milestone is a testament to the incredible collaboration and shared commitment to providing exceptional care for our clients, staff, and the broader community.

Over the years, Genoa Pharmacy has played a crucial role in enhancing the services we offer. They have consistently gone above and beyond in supporting our clients, staff and the community.

As a reminder, Genoa Pharmacy offers a range of services that continue to make a significant impact:

- **Medication Management:** Genoa's expert staff work closely with individuals to manage their prescriptions, ensuring they understand their medications and helping them avoid harmful interactions.
- **Clinical Services:** Genoa provides specialized services, including immunizations, medication monitoring, and personalized care plans tailored to the needs of each individual.
- **Adherence Programs:** Through their innovative solutions, Genoa offers medication synchronization and blister packaging to help ensure clients stay on track with their prescribed treatment regimens.
- **Support for the Community:** Beyond individual care, Genoa actively supports local communities through education and partnerships with healthcare providers like us.
- **Staff Consultation:** Genoa also works directly with our staff, offering consultations to ensure we continue to provide the best patient care.



World Teen Mental Wellness Day
March 2nd

Teenagers today face increasing pressures from school, social media, and

personal challenges. World Teen Mental Wellness Day is about making efforts to educate everyone and destigmatize something that is becoming increasingly common.

It shouldn't be surprising to learn that signs of mental health conditions often emerge during this developmental stage. About half of all people who experience a mental health condition in their lifetime begin experiencing symptoms before the age of 14, but other teens and their family members often do not notice them until several years later. Determining whether certain behavior is normal/typical or a symptom of a mental health condition can be difficult. It can be even harder for young people who live in a low-income household or who are part of communities that experience prejudice, racism, exclusion or marginalization.

The good news is that if you ask for help and support early on, you can find healthy ways to help you get through your teen years and prepare for life as a young adult.

Facts About Mental Health That You Should Know:

- **It's more common than you think:** 1-in-5 Americans has experienced some form of mental illness in their lives.
- **Stigmas are harmful:** People are less likely to receive help due to the stigma associated with mental health.
- **Prevention is possible:** Addressing risk factors such as trauma at an early stage can help prevent the development of mental illnesses.
- **The youth suffers:** 1-in10 young adults has suffered from a period of major depression.

[Read About Mental Health and Teens on NAMI](#)



Join us at the Sun Fun Color Run at the Sequim Sunshine Festival *March 8th*

Join us on Saturday, March 8 starting at 11:00 am for the 5K at Carrie Blake Park (located at 202 N. Blake Ave. in Sequim) for the Sun Fun Color Run. The 1K fun run will start at 11:00 am directly after the 5K start.

At this time there will be a mass start for both the 5K and the 1K events.

The run will include 5K and 1K.

[Register for the Sun Fun Color Run](#)



National Drug and Alcohol Facts Week

March 17th - 23rd

National Drug and Alcohol Facts Week®, (NDAFW) is an annual, week-long, health observance that inspires dialogue about the science of drug use and addiction among youth. It provides an opportunity to bring together scientists, students, educators, healthcare providers, and community partners—to help advance the science, so that we can improve the prevention and awareness of substance misuse in our own communities and nationwide.

[Read more](#)

World Bipolar Day

March 30



World Bipolar Day *March 30th*

World Bipolar Day (WBD) is celebrated on March 30th, the birthday of Vincent Van Gogh, who was posthumously diagnosed as probably having bipolar disorder. The vision of WBD is to bring world awareness to bipolar disorders and eliminate social stigma.

Bipolar disorder is a brain disorder that causes unusual shifts in mood, energy, activity levels, and the ability to carry out day-to-day tasks. Symptoms of bipolar disorder are severe and different from the normal ups and downs that everyone goes through from time to time. It is estimated that the global prevalence of bipolar disorder is between 1 and 2% and has been said to be as high as 5%.

[Learn more](#)



Your Support Makes a Difference

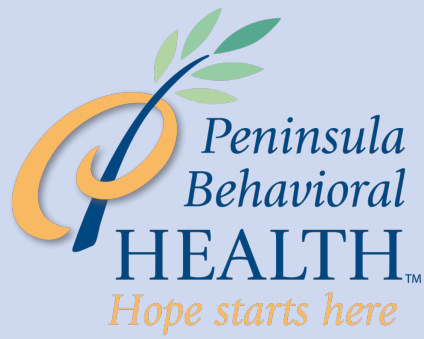


How Can YOU Help Support PBH and Make a Difference in our Community?

- Talk openly about mental health.
- Be conscious of your language.
- Encourage equality in how people perceive physical illness and mental illness.
- Show empathy and compassion for those living with a mental health condition.
- Push back against the way people who live with mental illness are portrayed in the media.
- Advocate for mental health reform.
- Make a one-time, monthly or annual donation to PBH to **support** our mission of providing quality comprehensive behavioral health services to the residents of our community!

Support PBH

Contact Us



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