

April 2025 Newsletter

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



Pictured from left: Heather (R.E.A.L. Case Manager), Sandra (Outreach Supervisor), Alicia (R.E.A.L. Program Project Manager), Michael (R.E.A.L. Recovery Coach), and Kayla (R.E.A.L. Recovery Coach)

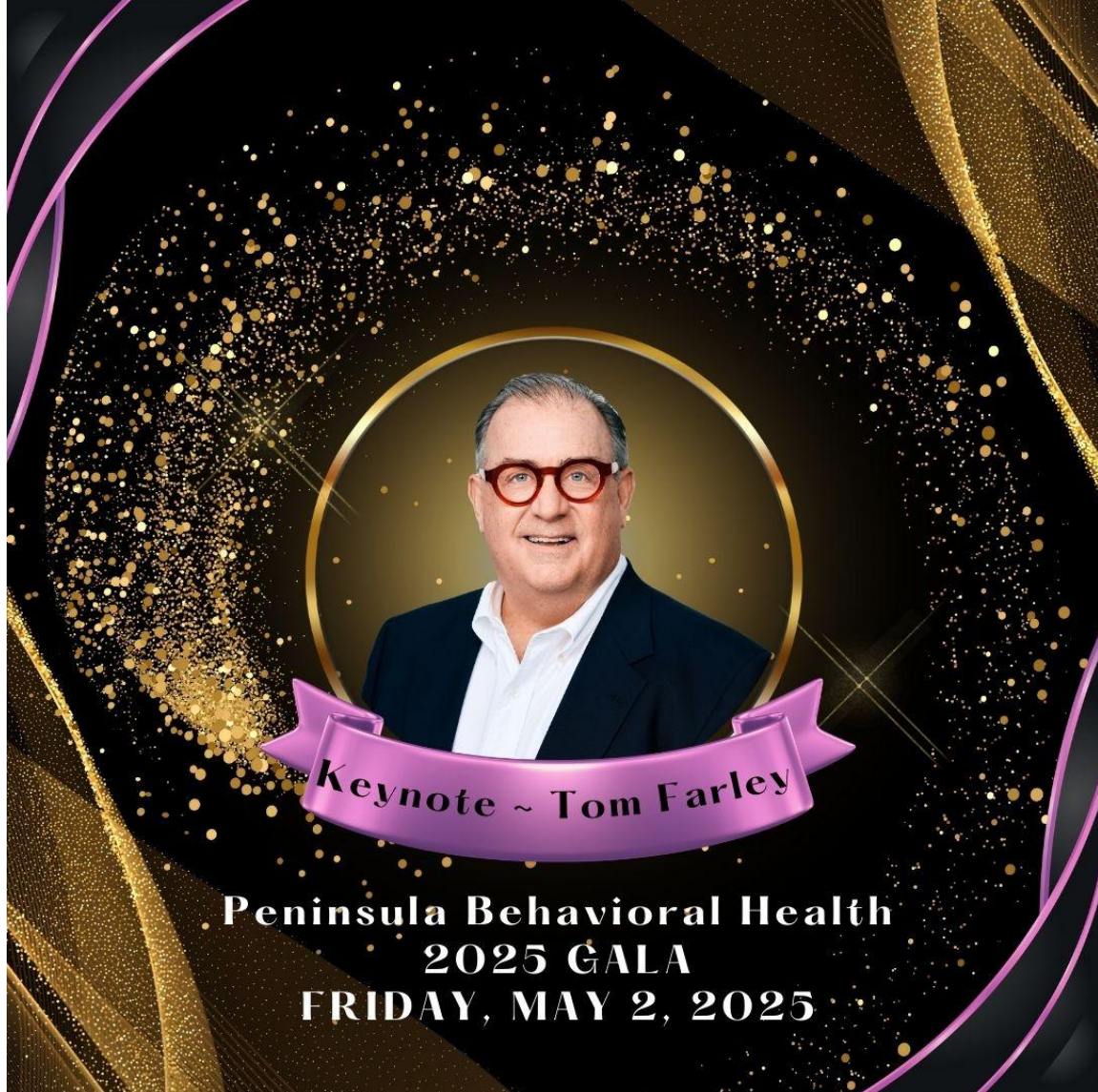
PBH Program Spotlight: R.E.A.L. Team

Meet PBH's R.E.A.L. team!

The Recovery, Empowerment, Advocacy, and Linkage (R.E.A.L.) program in Clallam, Jefferson and Kitsap Counties is a community-based initiative designed to support individuals at risk of encounters with law enforcement and first responders, particularly those struggling with substance use or co-occurring mental health issues. Throughout the State of Washington, the R.E.A.L. program is known as the Recovery Navigator Program. At PBH, our program aims to divert individuals from legal action by providing comprehensive support services.

PBH's R.E.A.L. team engages directly with vulnerable populations, conducting needs assessments and connecting participants to essential services. The R.E.A.L. teams outreach often extends to locations like homeless camps, where they build trust by addressing immediate needs—distributing items such as naloxone (to prevent opioid overdoses), hand warmers, sleeping bags, and hygiene supplies. Beyond immediate relief, the R.E.A.L. teams assist individuals in accessing safe housing, treatment programs, and other recovery support services. They also offer long-term outreach, intensive case management, and recovery coaching, all tailored to the unique needs of each participant.

The R.E.A.L. program emphasizes a harm-reduction approach, operating under trauma-informed and culturally inclusive principles. Staffed by individuals with lived experience, R.E.A.L. prioritizes law enforcement referrals but also accepts community referrals for those who have faced challenges accessing traditional services. The R.E.A.L. program represents a proactive effort to address the root causes of criminal justice involvement among vulnerable populations, fostering recovery and empowerment through comprehensive, compassionate support.



[Purchase Gala Tickets & Sponsorships](#)

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.

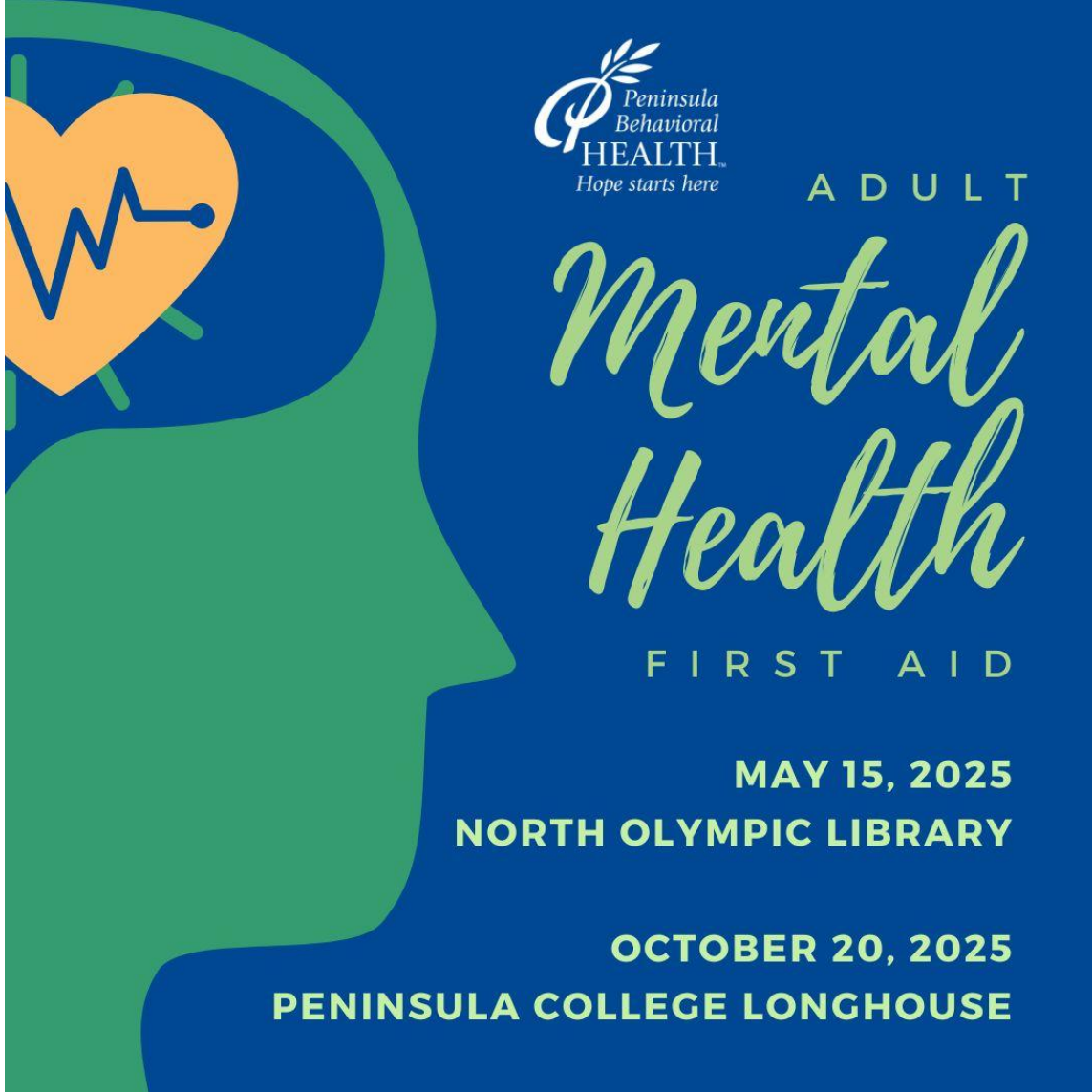
Much like his brother, the late comedian Chris Farley, Tom combines wit and heart to deliver powerful messages. His bestselling book, *The Chris Farley Show*, offers a candid and heartfelt look into his brother's life and struggles,

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!





Save the Dates!

Upcoming Mental Health First Aid Trainings

About Mental Health First Aid (MHFA):

Mental Health First Aid teaches you how to identify, understand, and respond to signs of mental illnesses and substance use disorder. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care. **There is no cost for this training.**

Who Should Take It:

- Employers
- Police officers
- Hospital staff
- First responders
- Faith leaders
- Community Members
- Caring individuals
- Service groups

Why You Should Learn MHFA:

- 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.
- 1 in 5 U.S. adults lives with a mental illness.

This course will teach you how to apply ALGEE action plan:

- **A**ssess the risk of suicide or harm.
- **L**isten nonjudgmentally.
- **G**ive reassurance and information.
- **E**ncourage appropriate professional help.
- **E**ncourage self-help and other supports.

PBH is offering **ADULT** Mental Health First Aid Trainings on:

May 15, 2025, 9am – 4:30pm

Hosted by: North Olympic Library
2210 S. Peabody St.
Port Angeles, WA

October 20, 2025, 9am – 4:30pm

Hosted by: ʔaʔkʷustəŋáwtxʷ House of Learning
Peninsula College Longhouse
1502 E. Lauridsen Blvd, Port Angeles, WA

PBH is offering **YOUTH** Mental Health First Aid Trainings on:

August 15, 2025, 10am – 4pm

Hosted by: North Olympic Library
2210 S. Peabody St.
Port Angeles, WA

Space is limited! Reserve a seat today!

2 hours of self-paced, online pre-work must be completed before the instructor-led training.

Contact: Kelly Griffith, Peninsula Behavioral Health
kellyg@peninsulabehavioral.org or (360) 457-0431 ext. 531209



APRIL IS AUTISM AWARENESS MONTH



April is Autism Acceptance Month **Peninsula Behavioral Health is an Autism Center of Excellence Provider**

In 2024, Peninsula Behavioral Health (PBH) achieved a significant milestone by becoming an Autism Center of Excellence provider. This designation recognizes PBH's commitment to providing comprehensive autism evaluations for established PBH youth and adolescent clients.

PBH's initiative is conducted in coordination with the University of Washington's Autism Center Institute on Human Development and Disability. The program reflects PBH's dedication to caring for autistic individuals and their families through exceptional clinical services, innovative scientific research, and high-quality training. By offering autism assessments for established PBH clients, PBH serves as a great asset to families who previously had limited options for diagnostic evaluations.

These evaluations not only lead to psychological diagnoses but also include detailed recommendations for treatment and intervention, ensuring that families receive the support they need.

To maintain the highest standards of care, PBH's team participates in monthly consultation groups with the University of Washington, allowing them to stay informed on the latest research and best practices in autism assessment and

treatment.

The program was spearheaded by PBH's Medical Director, Danielle DeOliveira, whose leadership has been instrumental in bringing these essential services to Clallam County. With this new designation, PBH continues to expand access to vital behavioral health resources, offering much-needed support to established PBH families navigating the complexities of autism spectrum disorder.



National American Sign Language (ASL) Day *April 15th*

Mental health is a vital part of overall well-being, yet it's often overlooked, especially within the Deaf community. With over 1.5 billion people worldwide experiencing hearing loss, around 430 million face disabling hearing loss. For many, sign language is key to communication, and in North America, half a million people use American Sign Language (ASL) as their primary language.

ASL has grown internationally and now has its own dedicated celebration—National ASL Day on April 15th. Before ASL's formalization, various communities had their own sign language systems. Native American tribes, for example, used sign language for communication during hunting and scouting.

Though ASL originated in the American School for the Deaf in 1817, the Deaf community faces significant mental health challenges, suffering at nearly twice the rate of the general population. Access to mental health services remains a barrier.

Organizations like Peninsula Behavioral Health, which offer translation services for therapy, are helping bridge these gaps. It's essential that everyone —regardless of how they communicate—has access to the mental health care they need. Let's continue to raise awareness and ensure all voices are heard.



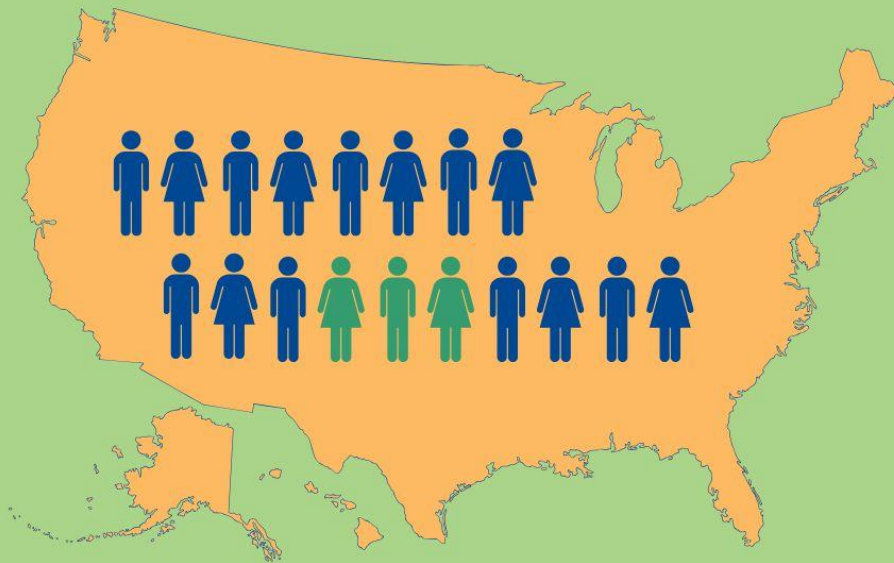
Shown in the back row, from left: Crystal (Path Case Manager), Jaymie (SUD Supervisor), Karley (Patient Support Services), Tracy (Development Director), Paige (Supportive Employment Specialist), and Andrew (HR Assistant)
Front row: Jason (Community Volunteer) & Heather (Development Associate)

PBH Staff Volunteers at the Sun Fun Color Run

A massive thank you to PBH staff for bringing so much energy, excitement, and COLOR to the City of Sequim's Sun Fun Color Run on March 8! Thank you for our commitment and enthusiasm truly made the event unforgettable!

**MANY HAVE A PROBLEM WITH ALCOHOL USE
BUT FEW EVER SEEK TREATMENT**

**APRIL IS
ALCOHOL AWARENESS
MONTH**



**OVER 17 MILLION AMERICANS HAVE A SERIOUS
PROBLEM WITH ALCOHOL, BUT ONLY 2.3 MILLION
EVER SEEK OUT ANY KIND OF HELP**



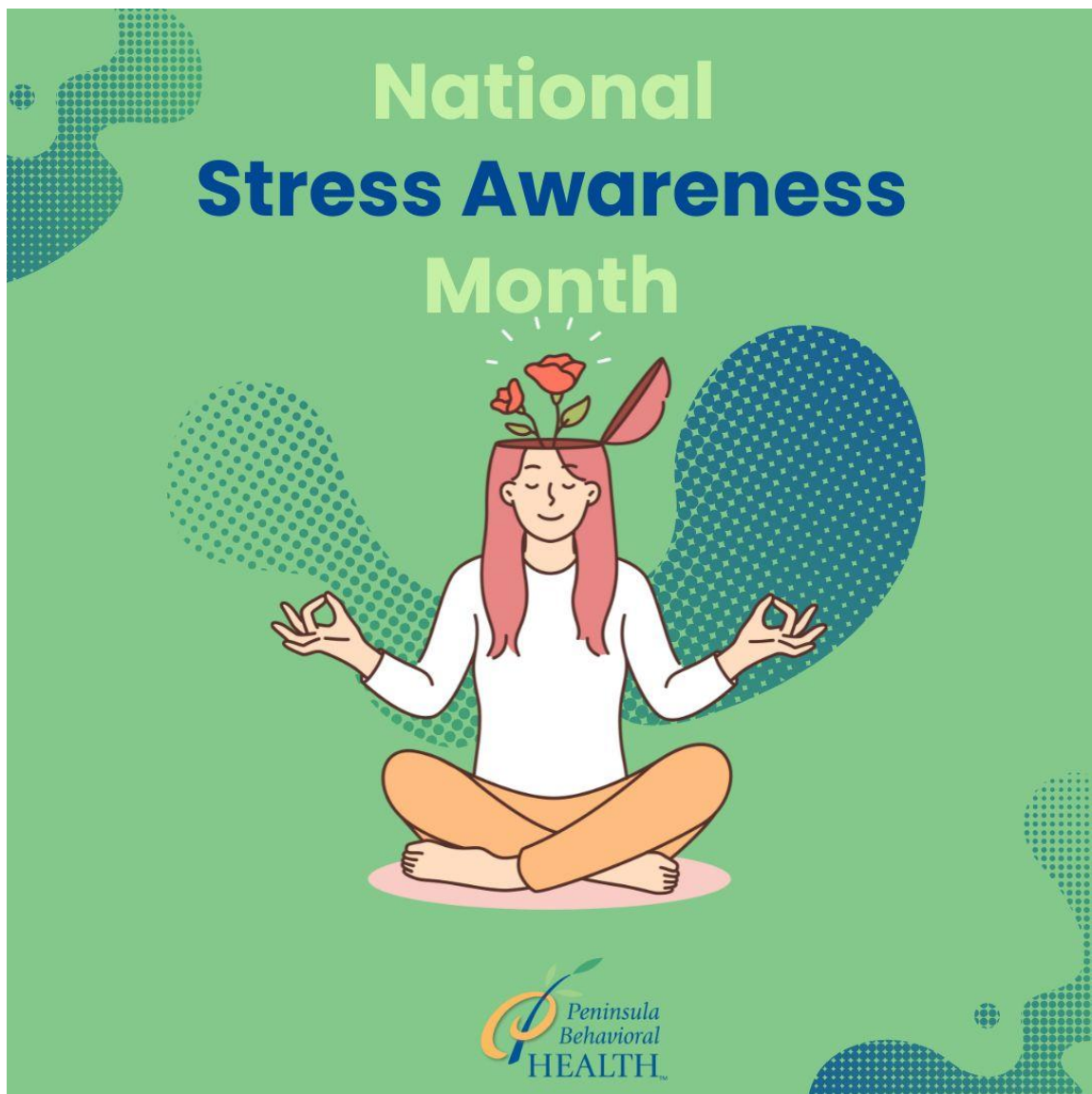
April is Alcohol Awareness Month

April is Alcohol Awareness Month—a dedicated time to increase awareness and understanding of alcohol use and misuse. This month provides an opportunity for communities to better understand the challenges individuals face with alcohol use and the impact it has on their lives. It also encourages the reduction of stigma around alcohol-related issues, fostering a more open, supportive environment for those struggling with addiction.

Alcohol Awareness Month is an essential platform for sharing vital resources and offering support to individuals, families, and communities dealing with alcoholism. By raising awareness, we can help others recognize the signs of alcohol misuse and better understand its effects on physical and mental health. This is also an important opportunity to focus on prevention and treatment strategies, making it easier for people to seek help without fear of judgment.

Let's use this month to spark important conversations, provide education, and offer support for those who need it most. Together, we can reduce the stigma surrounding alcohol misuse and promote healthier, more informed communities.

[Learn more](#)



April is National Stress Awareness Month

April is National Stress Awareness Month, a time dedicated to bringing attention to the impact of stress on our lives and promoting healthier ways to manage it. Stress is a natural part of life, but when it becomes overwhelming, it can affect both our mental and physical health. It's important to recognize the

signs of stress early and take steps to reduce its impact.

During this month, we are encouraged to raise awareness about the many factors that contribute to stress, whether it's work, relationships, or daily challenges. National Stress Awareness Month also provides an opportunity to share practical strategies for managing stress, such as mindfulness, exercise, and time management. Simple practices like deep breathing, regular breaks, and talking to a supportive friend or therapist can make a huge difference in how we cope with life's demands.

Stress management is not just about avoiding stress, but learning how to handle it effectively. It's crucial for our overall well-being. By taking the time to check in with ourselves and develop healthy coping strategies, we can better navigate life's pressures and improve our mental health.

So, this April, take a moment to recognize the stress in your life, practice self-care, and remember—you're not alone in this. Let's work together to raise awareness and find ways to reduce stress in our lives!

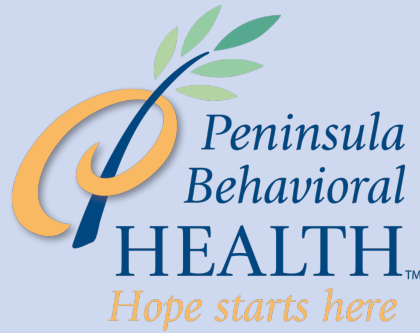


How Can YOU Help Support PBH

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!
- [Hope Starts Here Registry powered by Walmart Spark Good](#)

Support PBH



Contact Us



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

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