

## May 2025 Newsletter

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



**PBH Program Spotlight: Patient Support Services  
The Unsung Heroes of Healing!**

Before a therapist asks, “How are you feeling today?” or a psych provider adjusts a medication, a calm, compassionate, and multitasking team is already hard at work — often behind the scenes, but just as often right out front. From greeting clients at the front desk to verifying insurance, managing prior authorizations, and preparing patient intakes, the Patient Support Services Team is the steady heartbeat of our office. They’re the first hello, the final goodbye, and the quiet force that keeps everything in between running seamlessly. These professionals aren’t just administrative staff — they’re the essential bridge between care and connection, and they’ve more than earned their title as front-line care champions.

Here’s a fun fact: The job they’re doing today would make previous generations of front desk staff clutch their clipboards. This team has taken on a mountain of responsibilities — and somehow made it look effortless. Let’s break it down:

### **Running Reports Like Pros**

They track scheduling gaps like hawks, making sure no client falls through the cracks and every process stays on point. Sherlock Holmes would be impressed.

### **Insurance Sleuthing, Daily**

They check **every single client’s insurance** — every single day — ensuring services can move forward without hiccups. If insurance policies were a foreign language, they’d be fluent.

### **Apple Health = No Problem**

When clients are uninsured or struggling, these folks go the extra mile — walking them through Medicaid enrollment with Apple Assist. They don’t just check boxes; they change lives.

### **Partners with Our Medical Team**

From helping with **prior authorizations** to prepping intake paperwork for new patients, they fill critical gaps like the MVPs they are — reducing the load on our providers and making the system flow better for everyone.

### **Access to Access (and Sequim!)**

When our Access team is short-handed, these legends step in and keep the doors open — sometimes even in **Sequim** (yes, they’re commuting heroes too).

### **So Much More Than a Smile**

Sure, they’re warm, welcoming, and professional — but they’re also deeply empathetic, culturally competent, and fiercely protective of client confidentiality. They handle crisis calls with calm, juggle walk-ins with grace, and manage more details than most spreadsheets can hold.

The value of the Patient Support Services Team reaches far beyond daily tasks and office walls. Their dedication uplifts our clinicians, brings consistency and care to our clients, and helps remove barriers for those navigating complex systems. But perhaps most importantly, their work ripples into the community — making mental health care more accessible, more compassionate, and more human. They’re not just part of the process; they’re part of the healing. Their presence reminds us that when people feel supported from the very first interaction, it changes everything. So, here’s to the team that holds it all together — not just for us, but for the community we serve!





**PBH Gala 2025 Recap**  
*Featuring Keynote Speaker Tom Farley*  
*Held May2nd at Field Arts & Events Hall*

What an incredible evening! The PBH Gala 2025 brought our community together for a powerful night in support of mental health and wellness. Held at the beautiful Field Arts & Events Hall, guests enjoyed a delicious Tri-Tip & Salmon buffet by Red Lion, a lively silent auction, and — most memorably — a heartfelt keynote presentation by Tom Farley.

Tom's keynote was the true highlight of the evening. Engaging, kind, and naturally charismatic, he captured the audience with his candid storytelling and compassionate insights. His message around substance abuse prevention and mental health was deeply moving and struck a chord with everyone in the room.

The Silent Auction added an extra spark of fun to the night — guests were buzzing with excitement as they bid on local treasures and unique experiences. The energy was contagious, and it was wonderful to see so many smiling faces supporting a great cause.

Thank you to everyone who attended and helped make this night such a success. Together, we're building a stronger, healthier future for all.

Thank you to our sponsors and silent auction donors!



**THANK YOU**  
**Sponsors of**  
**Peninsula Behavioral Health's**  
**Annual Gala!**

**Gold Level**



First Fed



NEELEY  
CONSTRUCTION



**Silver Level**



**Bronze Level**



aihc  
AMERICAN INDIAN HEALTH  
COMMISSION FOR WASHINGTON STATE



Assured  
Hospice



COMMUNITY HEALTH PLAN  
of Washington™  
The power of community

Morgan Stanley  
THE UNIVERSITY GROUP  
AT MORGAN STANLEY



MOSSADAMS



QUALIFACTS  
Celebrating 25 Years

**surest**  
A UnitedHealthcare Company

Dr. Roger & Maura Oaks  
Dick Manning & Jen Gouge

**In-kind Sponsors**



**THANK YOU**  
**Silent Auction Donors!**

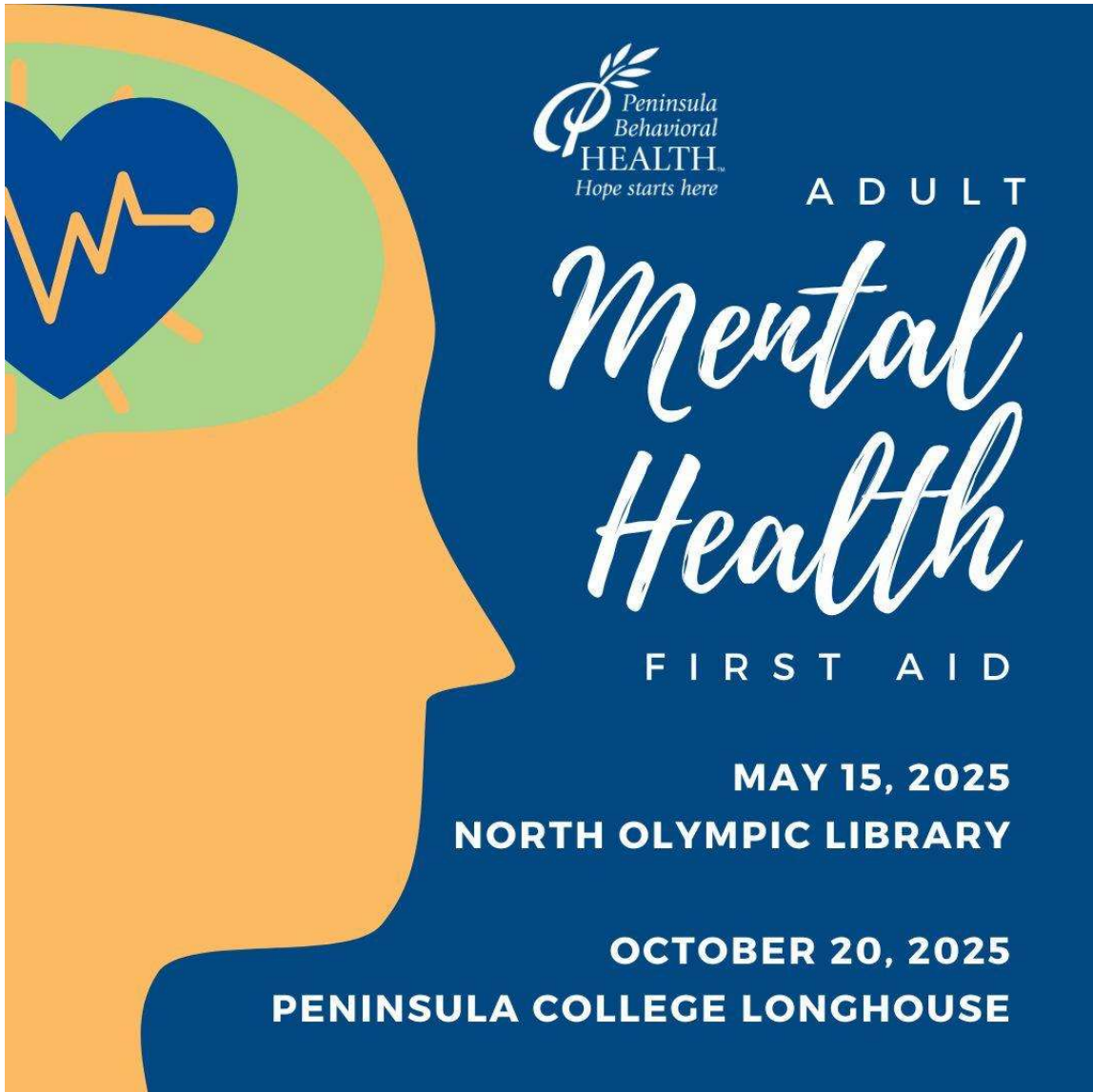
- Airport Garden Center
- Black Ball Ferry
- Brittany Brenske Photography
- Caviar Jewelry
- Costco
- Country Aire Natural Foods
- Downtown Port Angeles Waterfront District
- Elevate Outdoors
- Finnriver Farm & Cidery
- Fogtown Coffee Bar
- Habitat for Humanity of Clallam County
- HeartKept Home + Boutique
- Jeff Mauger Art
- Kindred Collective
- Kingdom Cleaning
- Laurel Lanes Bowling
- Lincoln Street Coffee Pot
- Lola's Café
- Lumber Traders, Inc. / Hartnagel Building Supply
- Olympic Stationers
- PNW Mobile Detailing
- Port Angeles Fine Arts Center
- Port Angeles Symphony
- Sandpiper Tracks Getaway by the Upham-Soelter Family
- Seattle Mariners Baseball
- Sequim Bee Farm
- Swain's General Store, Inc.
- The Blackbird Coffeehouse
- The Butchart Gardens
- The HUB
- TKC Community Consignment
- Todd Fischer Art



- Lefties Baseball
- Life Flight Network

- Upper Valley Charcuterie
- Woodland Park Zoo

**Peninsula Behavioral Health**  
118 East 8th Street, Port Angeles  
Office: (360) 457-0431  
Crisis: (888) 910-0416  
**[www.PeninsulaBehavioral.org](http://www.PeninsulaBehavioral.org)**



## 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

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](mailto:kellyg@peninsulabehavioral.org) or (360) 457-0431 ext. 531209

---



*May is Mental Health Awareness Month*  
**Shining a Light on Wellness and Support in Our  
Community**

Each May, Mental Health Awareness Month reminds us of the importance of caring for our mental and emotional well-being. It's a time to raise awareness, reduce stigma, and encourage open conversations about the challenges many of us face — often silently. At Peninsula Behavioral Health (PBH), we are proud to stand with our community in supporting mental health for all.

As Clallam County's largest provider of behavioral health services, PBH offers a wide range of support for individuals of all ages. Our services include individual and group therapy, psychiatric care, youth and family counseling, substance use disorder treatment, and crisis intervention. Whether you're managing ongoing mental health concerns or navigating a difficult moment in

life, PBH is here to help.

Mental Health Awareness Month is also a time to connect people to immediate support. In crisis situations, you are never alone. Volunteers of America operates a **24-hour crisis line** serving Clallam, Jefferson, and Kitsap Counties. You can reach a trained crisis counselor at **1-888-910-0416**, anytime, day or night. There is also a **24-hour online crisis chat** available at [www.imhurting.org](http://www.imhurting.org), offering private, real-time support for those who prefer to connect digitally.

This month — and every month — we encourage you to check in on your own mental health and the well-being of those around you. Whether it's reaching out for professional help, offering a listening ear, or simply learning more about mental health, every action matters.

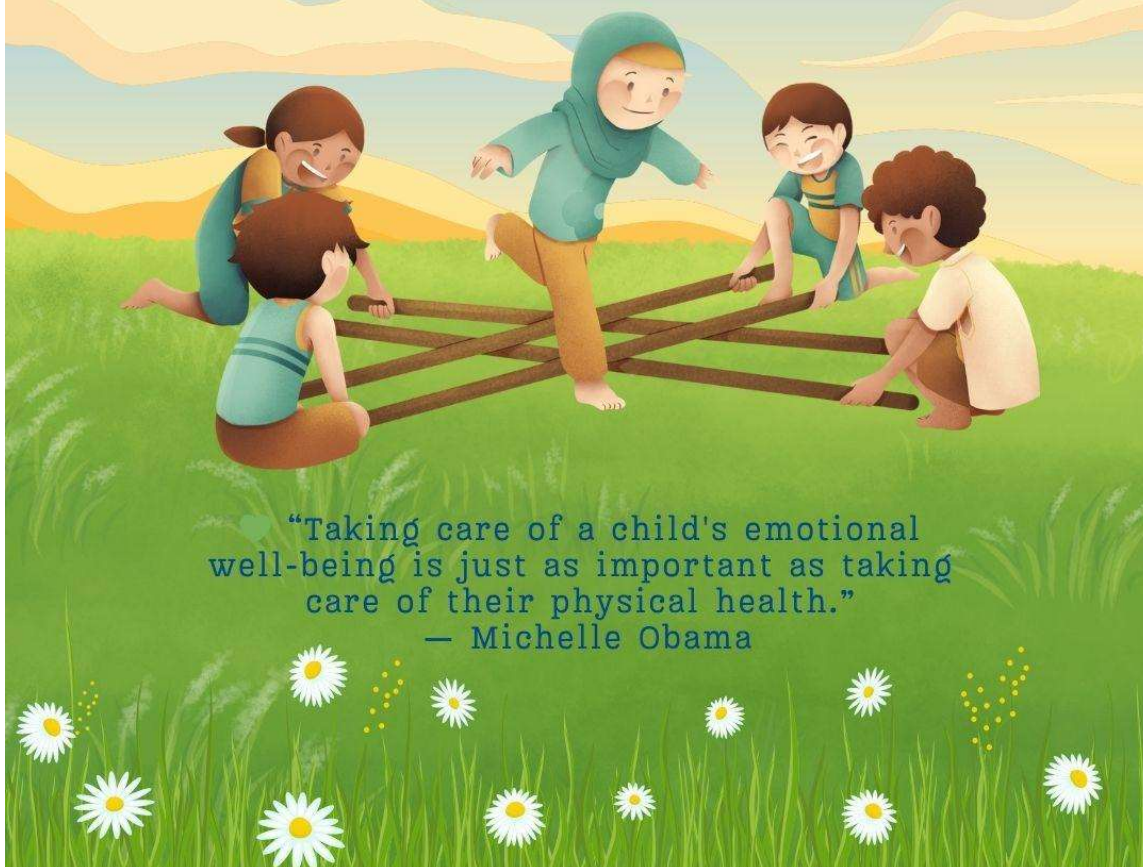
Together, we can create a community where seeking help is a strength, not a stigma — and where everyone has access to the support they need to thrive.

---



# HAPPY NATIONAL Children's Mental Health AWARENESS DAY

MAY 07, 2025



## Celebrating National Children's Mental Health Awareness Day March 7th

### *Supporting the Well-Being of Children in Our Community*

Each year, **May 7th** marks **National Children's Mental Health Awareness Day**, a powerful reminder of the importance of supporting the emotional well-being of our children and youth. This day brings national attention to the mental health needs of young people — and the crucial role families, caregivers, providers, and communities play in helping them thrive.

At **Peninsula Behavioral Health (PBH)**, we are proud to support the children and families of Clallam County through our dedicated **Child and Family Services Department**. Our team provides compassionate, individualized care designed to help children navigate challenges and build healthy foundations

for the future.

## **Services We Provide:**

### **Individual & Family Therapy**

Children and adolescents receive age-appropriate, trauma-informed therapy from experienced clinicians who help them develop coping skills, manage emotions, and work through life's challenges. Family therapy strengthens communication, connection, and resilience within the home.

### **Wraparound with Intensive Services (WISe)**

WISe is a collaborative, team-based program for children and youth with significant mental health needs. A network of professionals — including care coordinators, therapists, and peer partners — works alongside families to build customized care plans that support the child's goals while keeping them safe and engaged at home and in their community.

### **School-Based Counseling**

By placing therapists directly in schools throughout Clallam County, PBH helps ensure that students have timely access to mental health support. This partnership allows early intervention and builds stronger connections between educational and behavioral health systems.

### **Care Coordination & Support Services**

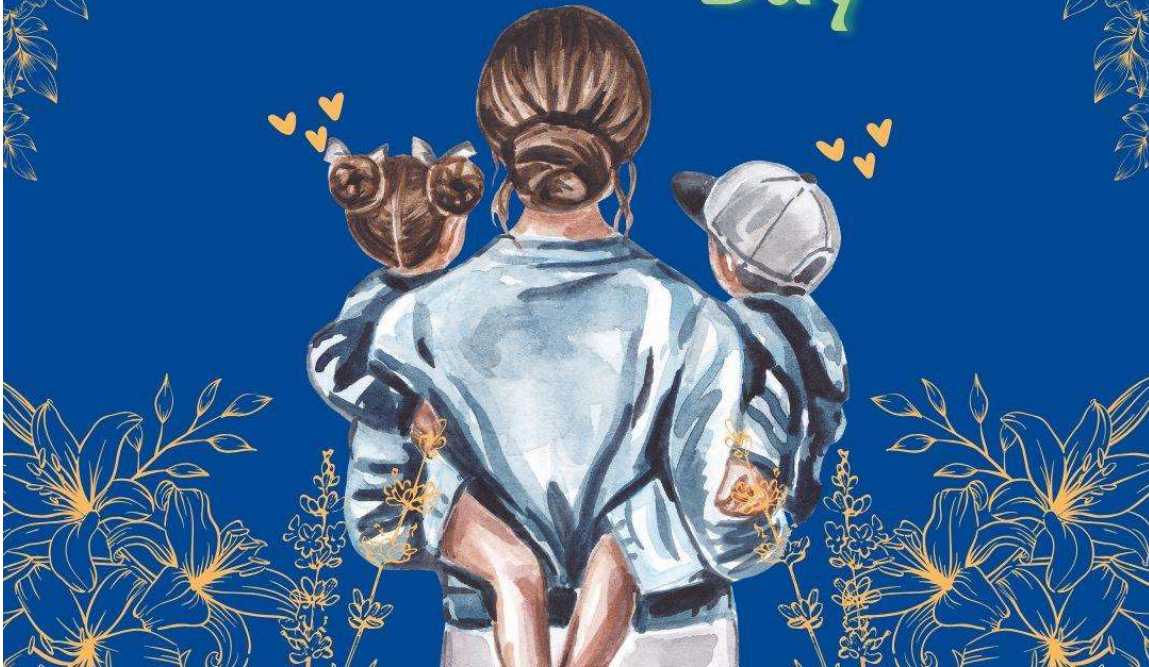
PBH helps families navigate complex care systems and connect with community resources, ensuring that children and their caregivers receive holistic, wraparound support.

On May 7th, we join communities across the country in honoring the resilience of children and families facing mental health challenges — and we celebrate the progress being made to ensure that mental health care is accessible, effective, and centered on each child's unique needs.

---



# Happy Mother's Day



## Celebrating Mother's Day!

As we celebrate Mother's Day, PBH is proud to recognize the strength, love, and resilience of mothers everywhere.

Motherhood is a journey filled with joy—but it can also bring stress, anxiety, and emotional challenges that too often go unspoken. In fact, 1 in 5 women experience mental health concerns during pregnancy or within the first year after childbirth.

This May, as we observe Mental Health Awareness Month, PBH is reminding our community that:

- It's okay to talk about how you're really feeling.
- It's okay to ask for help.
- It's more than okay to put your mental health first.

Whether you're a new mom, a seasoned parent, or supporting someone who is—know that your mental health matters.

Let's uplift and support the moms in our lives not just with flowers and cards, but with compassion, conversation, and care.



---

# Memorial Day



Honoring those who gave their lives  
while protecting the lives of others  
throughout the world.

**“WE DON’T KNOW THEM ALL, BUT  
WE OWE THEM ALL”**

May 30th

---

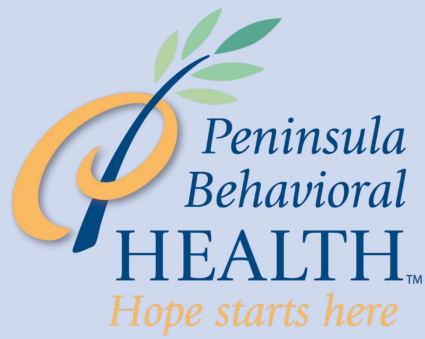


## How Can YOU Help Support PBH and Make a Difference in our Community?

- 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



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

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!