

June 2025 Newsletter

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



PBH Program Spotlight: The Behind-the-Scenes Brilliance of Quality & Compliance!

Let's face it—when people hear “Quality and Compliance,” they don't usually think thrilling plot twists or edge-of-your-seat excitement. But here at Peninsula Behavioral Health, we know the truth: our QaC team is one of the most eclectic, dedicated, and surprisingly food-motivated groups on campus.

Sure, their work involves data systems, audits, policies, and HIPAA—but it's also about people, process, and purpose. And if you've ever wondered who keeps our clinical gears turning, patient records safe, or training sessions on point, this is your all-access pass behind the curtain.

What Is Quality and Compliance Anyway?

The team provides or supports:

- Reporting on Quality and Performance Measures
- Data Systems Design
- Clinical and Operations Audits
- Privacy Enforcement (yes, they are watching... in a helpful way)
- Medical Records Management
- Grievances & Critical Incidents
- Policies and Procedures
- Staff Training
- The Corporate Compliance Program
- Quality Improvement (QI) Committees

Meet the Team

Mark Stefanovic, Data Engineer

Mark joined PBH in 2020 and builds and maintains the data systems that help PBH track, trend, and troubleshoot all things clinical and operational.

Sarah Perry, Training Officer

Sarah will be celebrating 20 years at PBH soon! Since Sarah took over and expanded the onboarding process for all new employees, we have received a LOT of compliments about the effectiveness of our onboarding program. She also provides training to staff and community partners.

Melanie Warders, Medical Records Specialist

Melanie joined QaC in 2022 from Arlene Engel Home and brings clarity, warmth, and a deep understanding of the "why" behind Med Recs. Melanie loves to help staff and clients understand the why and how of Med Recs procedures and welcomes everyone with a warm smile.

Elise Hoffman-Taus, Medical Records Specialist

With nearly a year under her belt, Elise is the can-do spirit of Med Recs. She brings a can-do attitude and keeps our days lively and fun with dancing and snacks.

Kelly Griffith, QaC Administrative Assistant

Kelly joined PBH two years ago and took on QaC admin duties about a year in. Kelly manages administrative support for the Quality Improvement (QI) program, audits, training, and clinical performance metrics.

Sydney Upham Soelter, Director of QaC, Privacy Officer, Corporate Compliance Officer

Sydney's PBH journey spans 13 years and she's the glue holding it all together. She lives for policies and procedures, geeks out over compliance intricacies, and can quote WACs like most people quote memes. Sydney brings not just knowledge, but heart.



COMMUNITY NEEDS ASSESSMENT *Survey*

Your Voice Matters!
**Help Shape the Future of
Behavioral Health in Clallam County**

Survey Open: May 19 - June 13

- ✓ All responses are confidential
- ✓ Open to everyone in Clallam County

Community Needs Assessment Survey

PBH is committed to understanding and addressing the behavioral health needs of our community. PBH was previously certified as a Certified Community Behavioral Health Clinic (CCBHC) and is now applying through the State of Washington to participate in the Federal CCBHC demonstration program. As part of this process, we are conducting a Community Needs Assessment Survey to gather input from stakeholders across Clallam County.

Your feedback is essential in helping us improve the quality, accessibility, and effectiveness of the services we provide. This survey includes questions about your experiences, needs, and any barriers to care that you may be aware of. All responses are confidential and will be used solely to inform service planning and improve care throughout our community.

Thank you for your time and valuable insight!

[Click HERE to Take the Survey](#)



JUNE IS PTSD AWARENESS MONTH

June is PTSD Awareness Month *Understanding, Compassion, and Support Matter*

Post-Traumatic Stress Disorder (PTSD) affects millions of people—veterans, survivors of violence, first responders, and individuals who have experienced or witnessed traumatic events. Yet despite how common it is, PTSD often remains misunderstood, overlooked, or stigmatized. That's why PTSD Awareness Month, recognized every June, is so important.

At Peninsula Behavioral Health, we know that healing is not linear—and that those living with PTSD are not defined by their trauma. This month is a vital opportunity to deepen our understanding, stand in solidarity with survivors,

and break down the stigma that too often surrounds mental health conditions.

Why does awareness matter?

Awareness fosters empathy. It helps people recognize the signs of PTSD—like hypervigilance, flashbacks, avoidance, and emotional numbness—and reminds us that these are normal responses to abnormal experiences. By learning and listening, we create safer spaces for healing and conversation.

How can you help?

- **Educate yourself and others.** Read about PTSD, attend local talks or webinars, and share credible information with friends and family.
- **Be supportive.** If someone opens up to you about their trauma, listen without judgment. Your compassion could make a world of difference.
- **Advocate for access.** Support mental health services in your community and speak up for policies that increase access to trauma-informed care.
- **Reach out.** If you or someone you love is struggling, know that help is available. You are not alone.

This month, and every month, we stand with those who live with PTSD. Healing is possible—and no one should have to navigate it in silence. Let's work together to build a more compassionate, informed, and supportive community.

If you or someone you know is seeking support, our team at Peninsula Behavioral Health is here to help.



Sun's Out: Welcoming Summer on the Olympic Peninsula

Summer begins on June 20, 2025 — but if you're a true Pacific Northwesterner, you know better than to pack away the raincoat just yet.

Here on the Olympic Peninsula, summer is less of a hard season change and more of a gentle suggestion. One minute it's sunshine and sunscreen, the next you're staring out the window wondering why your flip-flops are floating. But hey—that's part of the charm, right?

Whether the skies are blue or “mood gray,” June marks a seasonal shift that's good for both body and mind. Longer days mean more daylight for movement, connection, and slowing down to savor the little things—like that one glorious, cloud-free Saturday we talk about for the rest of the year.

So what does summer have to do with mental health? A lot.

Even small seasonal changes can make a big impact on our well-being. Sunlight helps regulate our sleep, mood, and vitamin D levels. Fresh air and movement—even a simple walk around the block—can reduce stress and boost those feel-good brain chemicals. Plus, longer evenings give us more chances to connect with others, which is essential for emotional resilience.

Here are a few ideas to help you summer your way (no sunshine required):

- ✱ Step outside—even if it's misting. PNW pro tip: mist counts as air conditioning.
- ☺ Do one thing just for fun: garden, read on the porch, throw a frisbee—whatever fills your cup.
- ☺ Move your body. Stretch, stroll, dance in your kitchen—whatever feels good.
- ☺ Connect. Share a meal, call a friend, or say yes to that community picnic.
- ☺ Breathe. Take a moment to pause, notice your surroundings, and let your nervous system catch up with your schedule.

Here's to a healthy, happy, and beautifully unpredictable summer!



PBH Proud to Support the NODM Relay!

Peninsula Behavioral Health Proudly Supports the North Olympic Discovery Marathon Relay

Peninsula Behavioral Health is honored to return as the **Marathon Relay Presenting Sponsor** for the **North Olympic Discovery Marathon Relay** in 2025. This marks our **sixth consecutive year** of sponsoring this incredible community event.

At PBH, we believe in the power of **community and wellness** —and this event is a perfect celebration of both. Every year, we look forward to cheering on runners, connecting with our neighbors, and promoting healthy, active lifestyles across the Olympic Peninsula.

Being a part of the NODM Relay is more than just sponsorship; it's about

showing up for our community in a meaningful way. The marathon brings people together—from seasoned athletes to first-time participants—and reminds us all that wellness is a journey best traveled together.

We are proud to stand alongside hundreds of runners, volunteers, and organizations who make this event a highlight of the year. Whether we're running, volunteering, or cheering from the sidelines, PBH is deeply committed to supporting the mental, emotional, and physical health of our community. **See you at the starting line!**



Celebrating Father's Day!

Fatherhood is a powerful and meaningful journey—but it can also come with stress, pressure, and emotional challenges that too often go unspoken. Many

fathers feel the need to appear strong, even when they're struggling, making it harder to talk about mental health.

This June, as we honor Father's Day, Peninsula Behavioral Health is reminding our community:

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

Whether you're a new dad, a father figure, or supporting someone who is—your mental health matters, too.

Let's support the dads in our lives not just with gifts and gratitude, but with genuine conversation, connection, and care. Because strong fathers aren't those who carry everything alone—they're the ones who know they don't have to.



JUNETEENTH

CELEBRATE FREEDOM

PENINSULA BEHAVIORAL
HEALTH WILL BE CLOSED
ON JUNE 19TH, 2025 IN
OBSERVANCE OF
JUNETEENTH



Peninsula Behavioral Health Observes Juneteenth

Peninsula Behavioral Health will be closed on Thursday, June 19, in observance of Juneteenth. This important day marks the emancipation of the last enslaved African Americans in the United States in 1865—more than two years after the Emancipation Proclamation was issued.

Juneteenth is a time for reflection, education, and celebration of freedom and resilience. As an agency committed to equity and healing, we recognize the importance of honoring this day and the ongoing journey toward justice and inclusion.

Mental health is deeply connected to our collective history and the systemic challenges many communities continue to face. Observing Juneteenth is one way we acknowledge the impact of racial trauma and affirm our commitment to fostering a more inclusive, supportive environment for all.

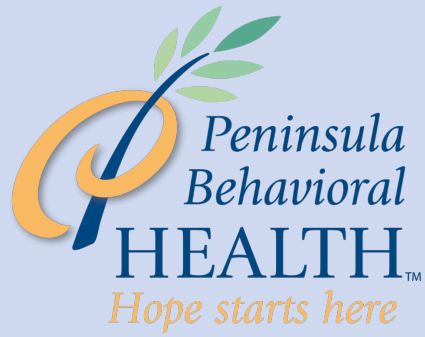
We encourage everyone to take time on June 19 to reflect, learn, and support efforts that promote justice and well-being.



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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