

August 2025 Newsletter

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

TEE UP FOR A CAUSE!

PENINSULA BEHAVIORAL HEALTH'S 1ST ANNUAL GOLF TOURNAMENT

October 3, 2025

12pm-5pm

at Peninsula Golf Club
824 S. Lindberg Rd, Port Angeles



Thank You to Our Sponsors!



PBH's 1st Annual Golf Tournament Fundraiser

Join us for PBH's 1st Annual Golf Tournament Fundraiser on Friday, October 3rd at Peninsula Golf Club located at 824 S. Lindberg Rd. in Port Angeles! Check-in and lunch at 12pm with shotgun start at 1pm. \$100/player includes greens fees, cart & lunch. Contests, raffles, & fun on every hole. Sponsor a hole for \$250, Register a foursome and Sponsor a Hole for \$600, be the Lunch sponsor for \$1,000, or be an Event sponsor for \$1,500!

Date: Friday, October 3, 2025

Location: Peninsula Golf Club, 824 S. Lindberg Rd, Port Angeles

Time:

- Check-in & Lunch: 12:00–1:00 PM
- Shotgun Start: 1:00 PM

Registration options:

- \$100 - per player
- \$400 - Foursome
- \$600 - Foursome & Hole Sponsor

*Cost includes green fees & lunch

Sponsorship opportunities:

- \$250 - Hole Sponsor (Sponsor is welcome to have representatives from their business or organization at the Hole being sponsored.)
- \$1,000 - Lunch Sponsor
- \$1,500 - Event Sponsor

[Click Here to Register or Become a Sponsor](#)



PBH Program Spotlight: Stepping Stones to Stability:

Meet the Clallam County Respite Team!

The Clallam County Respite Center (CCRC) offers voluntary, short-term crisis stabilization in a welcoming, trauma-informed environment. It's not a hospital or drop-in center—it's a structured, program-based level of care led by staff with both clinical training and lived experience. Each guest works on personalized goals, whether it's restarting medication, finding stability after a hospital stay, or navigating a mental health crisis.

So, what happens at the CCRC?

Medication Management:

Staff observe clients as they self-administer medications, monitor side effects, and coordinate with prescribers to support medication routines and treatment goals.

Structured Support & Recovery-Focused Activities:

Daily emotional check-ins, light therapeutic activities, and wellness planning. Staff also assist with referrals and coordination with community providers.

Crisis Support & Stabilization:

Whether someone is facing a psychiatric flare-up or suicidal ideation, our staff offer grounding interventions, emotional safety, and space to begin regaining stability—without the need for hospitalization.

Comfort, Cleanliness & Nourishment:

Nutritious meals, peaceful surroundings, and thoughtful care allow guests to focus fully on healing in a calm, supportive atmosphere.

Meet the CCRC Team

- **Jeff** has been with PBH for 14 years, known for his positivity and ability to bring ease and levity to every shift.
 - **Shanon**, a 4-year team member, is a pillar of the CCRC—respected for her compassion, leadership, and steady support.
 - **Nicole** brings calm strength and consistently goes above and beyond for guests and colleagues in her 3.5 years at PBH.
 - **Conor**, (1 year) has a gift for meaningful conversations and helping guests feel seen, heard, and respected.
 - **Rin** (9 months) is known for her joyful energy, empathy, and the heart she brings to every interaction.
 - **Blessing** (11 months) offers quiet strength and exceptional care, always going the extra mile.
 - **Jim** (7 months) is reliable, attentive, and ready to jump in wherever support is needed.
 - **Tyrell** new to the team (1 month), stands out for his calm demeanor, respectful presence, and strong instincts.
 - **Victoria (Tori)** has been with PBH since April 2022 and is a light at the CCRC, inspiring others with her uplifting spirit.
 - **Amy**, *Director of Nursing Services* since 2012, brings versatile leadership and unwavering dedication.
 - **Danielle**, *Medical Director*, joined PBH in 2017 and brings a steady, thoughtful approach with a strong commitment to putting clients first.
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National Wellness Month

Small Shifts, Big Impact

August is National Wellness Month—a great time to pause and focus on what makes you feel good inside and out. Wellness isn't just physical health; it's about balancing your emotional, mental, and social well-being. Small, simple habits can make a big difference in how you feel every day.

Try these easy wellness boosters this month:

- Take a daily walk to clear your mind
- Practice deep breathing to reduce stress
- Stay hydrated for better energy
- Check in with a friend or loved one
- Write down one thing you're grateful for

At Peninsula Behavioral Health, we believe these small steps build resilience

and help you stay centered. *Self-care isn't a luxury*—it's essential for a happier, healthier life!



Sunny Days & Strong Minds *Supporting Kids' Mental Health This Summer!*

Summer break is all about popsicles, sprinklers, and staying up past bedtime—but without the structure of school, kids' mental health can sometimes take a backseat. The long days and lack of routine may lead to boredom, anxiety, or even loneliness—especially if they're missing the daily rhythm of friends, teachers, and activities. And while summer is supposed to be fun, that pressure to always be doing something awesome can actually leave kids feeling overwhelmed or left out.

The good news? A little balance goes a long way. Try these simple tips to keep

your child's mind as happy as their summer days:

- **Keep a loose routine** — Give the day some flow without spoiling the fun.
- **Stick to consistent sleep** — A good night's rest is a superpower for mood and energy.
- **Encourage creativity** — From sidewalk chalk to backyard forts, let imaginations run wild.
- **Limit screen time** — Swap passive scrolling for hands-on activities or outdoor play.
- **Foster social connections** — Playdates, camps, or family adventures help kids feel connected.
- **Check in emotionally** — Ask how they're feeling and remind them it's okay to have quiet moments too.

MENTAL HEALTH MYTH BUSTING: Myth vs. Fact

MYTH

Talking about suicide encourages it.

FACT

False! Talking can actually help save lives.

MYTH

You can just “snap out of” depression.

FACT

False! Mental health needs care and support.

MYTH

Therapy can help anyone.

FACT

True! You don't need to be in crisis to benefit from it.

MYTH

Only adults get mental health problems.

FACT

False! Kids and teens can too.



What's Fact, What's Fiction?

Mental health is often misunderstood, with many myths creating stigma and confusion that keep people from getting the support they deserve. At PBH, we want to help set the record straight by busting common behavioral health myths and sharing the truth behind them. Understanding what's real empowers us to approach mental health with compassion and knowledge.



SAVE THE DATE: SUNDAY 8/31
6-8PM / PORT ANGELES CITY PIER



**International Overdose
Awareness Day**



Learn more:
www.linktr.ee/IOAD_Clallam



Join Us for International Overdose Awareness Day

We invite you to join us for this year's International Overdose Awareness Day (IOAD) gathering in Port Angeles — an opportunity to honor lives lost, support those grieving, and reaffirm our commitment to ending overdose and

stigma in our community.

Event Details:

- Sunday, August 31, 2025
- 6:00–8:00 PM (Tower lighting at 10:00 PM)
- Port Angeles City Pier
- Theme: #OneBigFamily

This year's gathering will focus on grief, healing, and connection, offering both quiet reflection and creative expression.

Activities include:

- Art & craft stations for reflection and expression
- Games & interactive activities that create connection and lightness
- Stories from those with lived experience of loss and recovery
- Mindful spaces for remembrance
- Local resources for grief support, behavioral health, recovery, and harm reduction
- Tower lighting in purple, in honor of those we've lost, at 10 PM

This event is hosted in partnership by North Olympic Healthcare Network, Peninsula Behavioral Health, Clallam County Public Health, Klallam Counseling Services, Reflections Counseling Services Group, and other agencies soon to come.

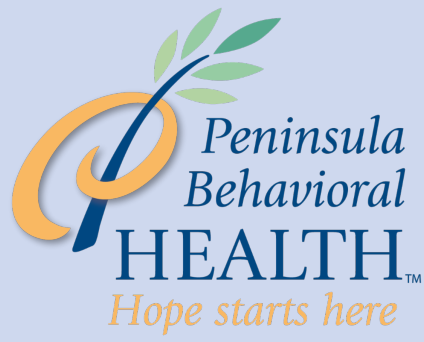


How Can YOU Help Support PBH and Make a Difference in our Community?

- 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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