

October 2025 Newsletter

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



Spotlight on PBH Nursing *Compassion in Action*

This month, we are proud to spotlight the Nursing Department at Peninsula Behavioral Health. Our psychiatric RNs and medical assistants provide skilled, compassionate care to every client. From the moment clients arrive, they create a welcoming environment, triaging appointments, assessing needs, and guiding individuals to the right resources. Their communication, multitasking, and critical thinking skills ensure that between scheduled appointments—drop-ins, urgent calls, or quick triages—clients consistently receive timely, high-quality care.

Meet our Nursing Team:

- Becca – 3 years, handles phone triage and Spravato Clinic, provides lead coverage

- Rosario – 6 years, Lead MA, trains staff and monitors reports
- Koreena – 3 months, Interim MA, working toward full certification
- Amy – 13 years, Psychiatric Mental Health RN with extensive expertise

The Nursing Department is truly the heartbeat of PBH, blending professionalism with empathy to make a meaningful difference in clients' lives.

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 *Thank you to our sponsors and golfers!*

A huge thank you to our sponsors and golfers for Peninsula Behavioral Health's 1st Annual Golf Tournament Fundraiser on Friday, October 3, 2025, at Peninsula Golf Club in Port Angeles! Your participation and generosity will make the day a huge success and directly support critical behavioral health services in our community. Because of your support, PBH can continue breaking down barriers to mental health care and making a meaningful difference in people's lives.

[Register to Play in Golf Tournament](#)



***Build a Safer, Stronger
Workforce
with
Mental Health First Aid
& De-escalation Training***



FREE Trainings

Boost Workplace Well-Being

- Spot mental health challenges
- De-escalate safely
- Support coworkers & clients

Eligibility:

- Clallam or Jefferson County business
- Employees aged 25–54
- Hiring \$26+/hr



Equip Your Team with Mental Health & De-escalation Skills

Peninsula Behavioral Health is now offering Mental Health First Aid (MHFA) and De-escalation Trainings for local businesses thanks to support from the Olympic Community of Health (OCH) Re compete grant. These trainings provide employees with practical tools to recognize signs of mental health challenges, respond effectively, and safely de-escalate tense situations in the workplace or with the public.

Why It Matters

Mental health and crisis situations can impact any workplace. By preparing your team, you are not only supporting the health and safety of your employees but also strengthening your business's role in creating a resilient and compassionate community.

Who Is Eligible

Trainings are available at no cost for:

- Businesses located in Clallam or Jefferson Counties
- Employees between the ages of 25–54
- Employers who hire at \$26/hour or more

What You'll Gain

- Confidence to approach and support coworkers and clients experiencing mental health concerns
- Tools to de-escalate conflicts safely and respectfully
- Knowledge to foster a healthier, more supportive workplace culture

Get Involved

Spaces are limited. If your business qualifies, now is the perfect time to schedule a training for your team.

- Call us at (360) 457-0431 ext. 531209

Email Us



World Mental Health Day
Mental Health is a Universal Right

Every year on October 10th, communities around the world come together to recognize World Mental Health Day. The 2025 theme, *“Mental Health is a Universal Human Right,”* reminds us that access to care and support should be available to everyone—no matter who they are or where they live.

At Peninsula Behavioral Health, this message is at the heart of everything we do. For more than 50 years, PBH has provided compassionate, accessible behavioral health services to individuals and families across Clallam County. From counseling and peer support to crisis intervention, our team works every day to break down barriers and make sure help is within reach.

World Mental Health Day is also an opportunity for each of us to pause and reflect. Mental health affects us all, and small steps can make a big difference.

Consider taking a few minutes to do a personal “check-in”:

- **With yourself** – How are you feeling emotionally and physically?
 - **With a loved one** – Is there someone you can call, text, or encourage today?
 - **With your community** – Share resources, attend an event, or simply start a conversation about mental health.
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Signs of Seasonal Affective Disorder

Low energy

Appetite changes

Weight gain

Need for more sleep

Feeling down

Loss of interest



Falling into Wellness *Beat Seasonal Blues!*

As the days grow shorter and the weather shifts, many people notice changes in mood, energy, and focus. These seasonal shifts can sometimes trigger Seasonal Affective Disorder (SAD) or simply make it harder to maintain healthy routines. The good news is there are simple, effective ways to support your mental wellness during fall and winter.

Here are a few strategies to try:

- **Get daily light exposure** – Even a short walk outside can boost energy and regulate sleep patterns.
- **Maintain routines** – Regular meals, movement, and consistent sleep help keep your body and mind balanced.
- **Stay connected** – Reach out to friends, family, or support groups. Social connection is a proven mood booster.

- **Move your body** – Physical activity, even gentle stretching or walking, reduces stress and improves mood.
- **Seek support early** – If you notice persistent sadness, low energy, or withdrawal, don't wait to ask for help.

At PBH, we understand that fall can be a challenging season. Our team is here to provide resources, counseling, and support tailored to your needs. Whether you're looking for tools to manage stress or help navigating more serious symptoms, you don't have to do it alone.



Indigenous Peoples' Day

**Peninsula Behavioral Health's
offices will be closed on
Monday, October 13, 2025
in honor of
Indigenous Peoples' Day**



MENTAL HEALTH MYTH BUSTING: Myth vs. Fact

MYTH

Depression is just feeling sad and will go away on its own.

FACT

Depression is a medical condition that affects mood, energy, and daily functioning.

MYTH

ADHD only affects children and is caused by laziness or poor discipline.

FACT

ADHD can continue into adulthood, and it is a neurodevelopmental disorder—not a character flaw.

MYTH

Mental health screenings are only for people with severe problems.

FACT

Screening is preventive. It helps identify early signs of mental health challenges so support can be offered before problems worsen.

MYTH

Bullying only happens to children, and adults are unaffected.

FACT

Adult bullying—whether at work, in social settings, or online—can have serious, lasting effects on mental health, including anxiety, depression, and low self-esteem.

Busting Behavioral Health Myths: *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.



Your Support Makes a Difference

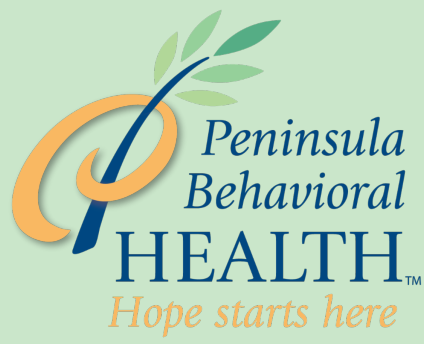


How Can YOU Help Support PBH and Make a Difference in our Community?

- 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



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

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