

September 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!



COMMUNITY HEALTH PLAN
of Washington™
The power of community

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](#)



Offices
closed on
Sept. 1st
in observance of
**Labor
Day!**



PBH Program Spotlight: Pathways to Possibility *Meet the New Journeys Team!*

The New Journeys Program at Peninsula Behavioral Health provides specialized support for young people in Clallam County experiencing their first episode of psychosis. This innovative, team-based model focuses on building resilience, promoting independence, and strengthening community connections. With individualized support, clients and families are guided through this pivotal stage of recovery with care, compassion, and hope.

So, what does New Journeys provide?

Therapy & Family Support:

Clients and their families receive counseling and education to build understanding, strengthen communication, and foster healing.

Case Management & Peer Support:

Staff assist with navigating resources, coordinating services, and offering the lived experience and encouragement of peer specialists.

Education & Employment Assistance:

The team works alongside clients to set and achieve goals in school, work, or training, supporting long-term stability and independence.

Psychiatric & Medication Support:

Clients have access to psychiatric care, including medication management, with a focus on overall wellness and recovery.

Meet the New Journeys Team

- **Ethan-** "I am a case manager and supported education and work specialist, new to this role. I am dedicated to advocating for clients and supporting their best interests."
- **Kat-** "I am a dedicated therapist specializing in supporting LGBTQIA++

individuals and those experiencing first-episode psychosis. I am committed to growing my clinical skills, advocating for high standards of care, and inspiring fellow professionals to improve outcomes for all clients."

- **Jackie-** "I am the Peer Support Specialist for the New Journeys Program at Peninsula Behavioral Health, bringing lived experience to support participants navigating a first episode of psychosis. I help clients find hope, connection, and confidence, meeting them where they are and reminding them, they're not alone."
- **Jessica-** "I have been with PBH for six and a half years and currently supervise the Community Support Services department. As a clinical social worker, I am dedicated to supporting clients and staff while promoting person-centered care in the community."

September is Suicide Prevention Month

Thinking of those who..



**ARE FIGHTING
SUICIDAL
THOUGHTS**



**HAVE LOST
SOMEONE TO
SUICIDE**



**HAVE
ATTEMPTED**



**LOVE SOMEONE
WHO IS
SUICIDAL**



**HAVE NO
SUPPORT
SYSTEM**



**ARE SCARED
TO SPEAK UP**



Suicide Prevention Month

Start the Conversation

September is National Suicide Prevention Month, a time to raise awareness, reduce stigma, and encourage open dialogue about mental health. Suicide affects individuals, families, and communities, but early intervention can save lives. Warning signs may include withdrawal, drastic mood changes, hopelessness, or talking about wanting to die. If you notice these signs in yourself or someone else, reaching out can make a difference. PBH offers confidential counseling, crisis support, and resources to guide individuals through difficult moments. You can also connect with the 988 Suicide & Crisis Lifeline for immediate support.

This month, take action by checking in with loved ones, sharing resources, and fostering a supportive environment where seeking help is seen as a strength. Awareness, compassion, and proactive support can prevent tragedy and promote hope.

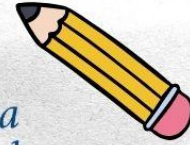
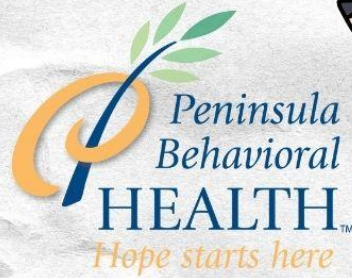


BACK-TO-SCHOOL



MENTAL HEALTH

HELPING KIDS THRIVE



Back-to-School Mental Health *Supporting Kids During Transition!*

As students return to school, routines and expectations change, which can be stressful for children and teens. Anxiety, mood swings, and behavioral changes are common during this transition. Parents and caregivers can support mental health by maintaining consistent routines, encouraging open conversations about feelings, and balancing academics with social and physical activities. At PBH, our counselors provide strategies for children and families to manage stress, build resilience, and strengthen coping skills. Early support can prevent challenges from becoming more serious and help students start the school year with confidence and emotional well-being.

Tips to ease the transition:

- Re-establish school-year sleep and wake schedule a week or two before classes begin.

- Set aside time each evening to talk about the day’s highs and lows.
- Encourage kids to stay active with sports, walks, or unstructured play.
- Create a quiet, organized spot at home for homework and reading.
- Remind children that it’s okay to feel nervous and model healthy coping strategies yourself.



September is Self-Care Awareness Month *Prioritize You!*

September isn’t just about new routines—it’s also Self-Care Awareness Month, a reminder that taking care of yourself isn’t selfish, it’s essential. In the midst of busy schedules, family commitments, and community responsibilities, it’s easy to put your own needs last. But self-care is the foundation of good mental health.

Self-care doesn’t have to be elaborate. It can be as simple as taking a short walk, journaling for a few minutes, saying “no” when you need rest, or making time for a favorite hobby. The key is consistency—small, intentional practices add up to stronger emotional resilience over time.

Ideas for self-care this month:

- Schedule downtime the way you would any important meeting.
- Practice gratitude by noting three positive things each day.
- Nourish your body with healthy meals and regular movement.
- Limit screen time before bed to improve sleep quality.
- Reach out to friends or support networks when you need connection.

At PBH, we know that caring for yourself allows you to show up stronger for others. This September, give yourself permission to slow down, breathe deeply, and make space for the things that restore your mind and spirit.

MENTAL HEALTH MYTH BUSTING: Myth vs. Fact

MYTH

Mental health issues are a sign of weakness.

FACT

Mental health struggles are common and do not reflect personal strength or character.

MYTH

Only therapy can help improve mental health.

FACT

Support comes in many forms—peer support, self-care, lifestyle changes, and counseling all make a difference.

MYTH

Once you have a mental health diagnosis, it defines you forever.

FACT

Recovery and management are possible, and people can live full, meaningful lives.

MYTH

Medication is the only solution for mental health problems.

FACT

Treatment is individualized—therapy, lifestyle changes, and support networks can be just as important.



**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.

**SEPTEMBER IS
RECOVERY MONTH**

RECOVERY

ADDICTION

RecoveryMonth

Peninsula
Behavioral
HEALTH.
Hope starts here

Recovery Month *Celebrating Strength & Resilience*

September is National Recovery Month, honoring those on the path to mental wellness and substance use recovery. Recovery isn't a destination—it's a journey marked by courage, support, and perseverance. At PBH, we celebrate every step forward, from counseling sessions to community connections. Sharing stories of resilience, acknowledging progress, and supporting one

another strengthens our community and reduces stigma. Recovery is possible, and this month is a reminder that hope, healing, and growth are within reach for everyone.

Ways to support recovery this month:

- Celebrate milestones—big or small—with encouragement.
- Listen without judgment when someone shares their story.
- Get involved in community recovery events or awareness activities.
- Share resources and information to reduce stigma and spread hope.
- Take time for your own wellness practices—recovery includes community and self-care.

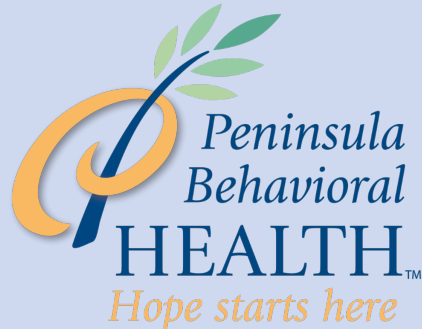


**How Can YOU Help Support PBH
and Make a Difference in our Community?**

- 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!

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