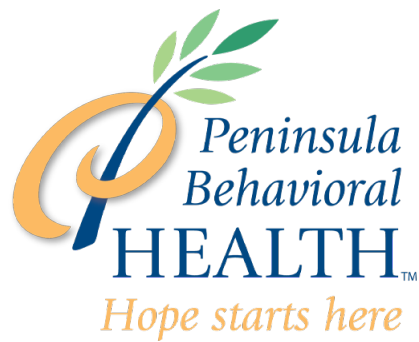




## November 2025 Newsletter

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



### **Spotlight on PBH Maintenance Team** *Holding it All Together (Literally)*

Every day, long before most staff settle into their desks or meet with clients, the Maintenance Department is already hard at work behind the scenes. From the smallest detail to major renovation projects, their dedication ensures that every PBH location remains safe, welcoming, and functional for staff, clients, and visitors alike.

Spanning all PBH sites—from offices and centers to Supported Living Homes—they handle repairs, deep cleaning, and upkeep of indoor and outdoor spaces, making sure everything runs smoothly and looks inviting.

What truly sets this team apart is their responsiveness, teamwork, and commitment to quality. They communicate with supervisors, adapt to urgent needs, and often jump in to help with projects that go beyond their job description—all with a can-do attitude that lifts up the entire organization and ensures PBH facilities remain safe, comfortable, and ready for everyone who depends on them.

Meet our Maintenance Team:

- **Richard** - With 5 years of service, Richard leads the Maintenance team with steady hands and expert guidance
  - **Wes** - Celebrating 20 years of service, Wes is the all-around Mr. Fix-It who keeps PBH running strong.
  - **Tony T.** - With 8 years of service, Tony is our master painter whose craftsmanship brightens every space.
  - **Tony A.** - Serving 4 years, Tony keeps PBH's vehicles in top shape and our plants thriving.
  - **Mike** - With 2 years of service, Mike is a dedicated custodial professional who ensures our facilities shine.
  - **Rob** - In his first year with PBH, Rob has quickly become our go-to flooring and kitchen guru.
  - **Tad** - Now in his 3rd year, Tad takes pride in keeping every corner of PBH clean and welcoming.
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NOV 6 @ 7:30PM | FIELD HALL PRESENTS  
**LAS CAFETERAS:  
HASTA LA MUERTE**  
CELEBRATE DAY OF THE DEAD: DANCE, STORY & MUSIC

**PBH is proud to sponsor Las Cafeteras at Field Arts & Events Hall!**

Join us for “Hasta La Muerte” — a bold new theatrical production by the acclaimed Los Angeles group, Las Cafeteras! Experience an unforgettable evening of vibrant costumes, cultural storytelling, and electrifying music on **Thursday, November 6th at 7:30 PM.**

Don't miss this powerful performance that honors heritage, community, and the beauty of transformation.

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November  
is  
**National Family  
Caregivers Month**



## **National Family Caregivers Month** *Honoring the Heart of Care*

Every day, millions of caregivers—often family members or close friends—step into quiet, powerful roles. They manage appointments, offer emotional support, provide daily care, and often carry the emotional weight of a loved one's journey.

November is National Family Caregivers Month, a time to recognize their tireless work and remind caregivers: your mental health matters, too. Caregiving can be deeply meaningful, but it can also be overwhelming and isolating.

At PBH, we see caregivers as partners in healing. We encourage caregivers to reach out for support, practice self-care, and know that it's okay to ask for help. Supporting caregivers means strengthening the entire circle of care.

*"You can't pour from an empty cup. Taking care of yourself is part of taking care of others."*

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**Transgender**/*trænz'dʒen-dər*/(adjective)

Often used as an umbrella term to include a variety of gender identities and experiences.

Describes a person whose gender identity differs from the sex they were assigned at birth.



## **Transgender Awareness Week** *Honoring Visibility, Voices, and Resilience*

Transgender Awareness Week is a time to shine a light on the voices and experiences of transgender and gender-diverse people. Held annually from **November 13–19**, this week is about visibility—but it's also about listening, learning, and standing in solidarity.

For many in the trans community, mental health care isn't just support—it's survival. Transgender individuals often face higher rates of discrimination, isolation, and violence, which can deeply impact well-being. At Peninsula Behavioral Health, we recognize the strength and resilience of our transgender clients and community members.

This week is a reminder that inclusive care, respect, and allyship save lives. As we lead up to **Transgender Day of Remembrance on November 20th**, we honor those we've lost and recommit to creating safe spaces where every identity is valued and protected.

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## International Stress Awareness Week

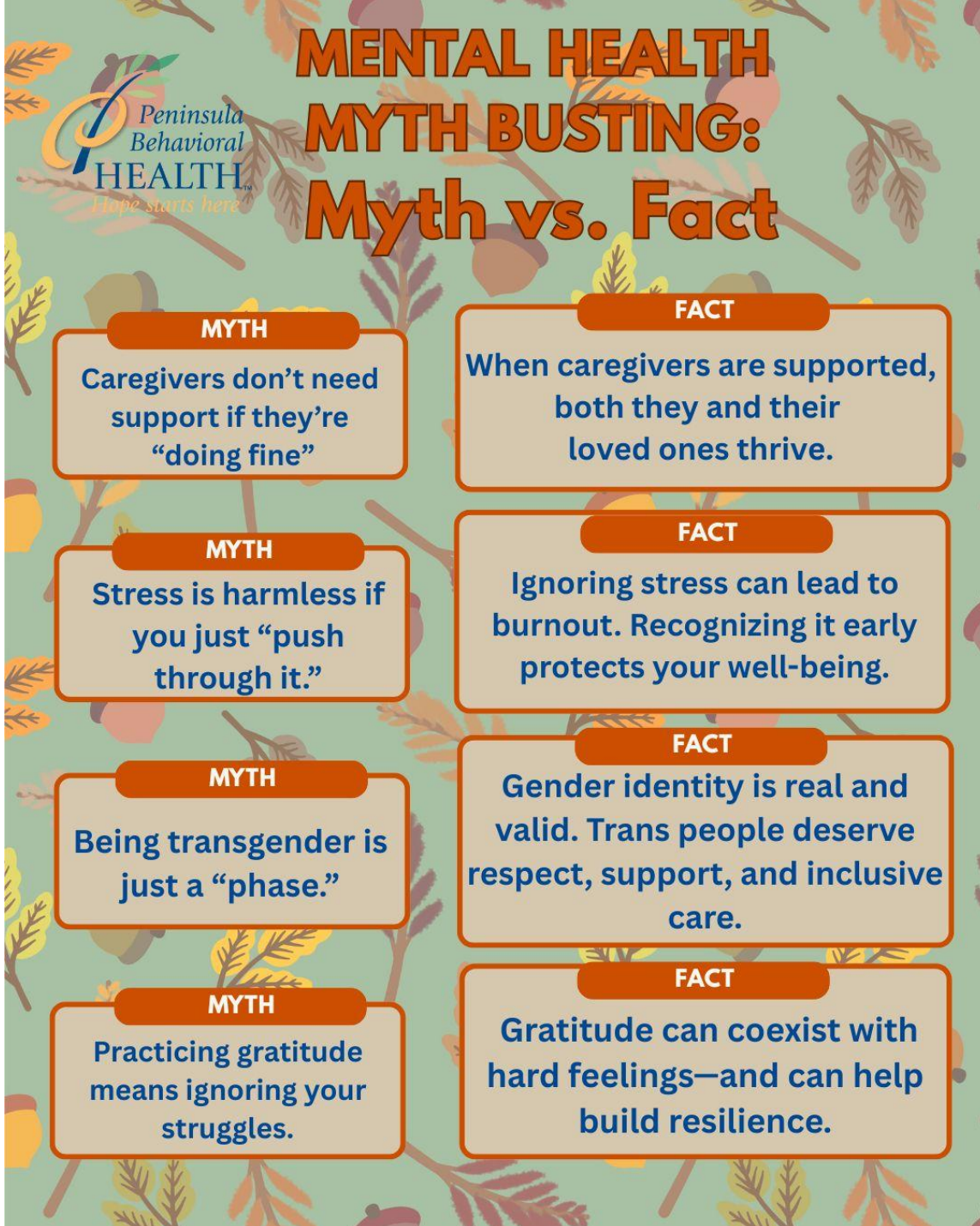
### *Finding Calm in the Chaos*

Stress is part of life—but when it builds up, it can affect everything from our sleep to our relationships to our overall mental health. International Stress Awareness Week, **observed November 5–9th**, is an opportunity to pause, check in with ourselves, and learn healthier ways to manage the pressures we carry.

Small steps make a difference: mindful breathing, stepping outside for fresh air, talking with someone you trust, or setting a simple boundary. For many, reaching out for professional support can be a powerful act of self-respect.

At PBH, we encourage our community to take stress seriously—not as a weakness, but as a signal. By listening to what stress is telling us, we can create space for rest, healing, and resilience.

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### **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.

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**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 County business
- Employees aged 25–54
- Hiring \$26+/hr



## **Equip Your Team with Mental Health & De-escalation Skills**

Peninsula Behavioral Health is offering Mental Health First Aid (MHFA) and De-escalation Trainings for local businesses - thanks to support from the Olympic Community of Health (OCH) Recompete grant.

### **Eligible Businesses:**

- ✓ Located in Clallam County
- ✓ Employ workers ages 25–54
- ✓ Pay at least \$26/hour

### **Your Team Will Gain:**

- Confidence to support others in distress
- Tools to de-escalate conflict safely
- A stronger, more compassionate 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



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# VETERANS DAY

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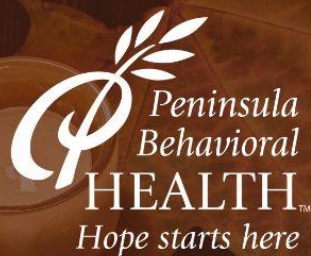
**PBH Office's will be closed  
on November 11, 2025**





HAPPY  
*Thanksgiving*

PBH will be closed  
November 27th & 28th  
for the Thanksgiving Holiday!



# Your Support Makes a Difference

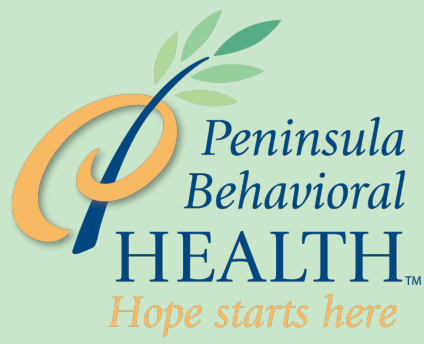


## How Can YOU Help Support PBH and Make a Difference in our Community?

- 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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