



February 2026 Newsletter

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



PBH 2026 Annual Gala!

Save the date for one of PBH's most inspiring nights of the year! Peninsula Behavioral Health invites you to our 2026 Annual Gala: *"Strength in Every Story,"* taking place Thursday, May 7, 2026, from 5:00–8:30 PM at the beautiful Field Arts & Events Hall.

The evening will feature a powerful keynote from Lauren Sisler, award-winning ESPN broadcaster and advocate, alongside an exceptional dining experience by Chef Michael McQuay of Kokopelli Grill. Guests can also enjoy a lively silent auction filled with unique items and experiences.

Tickets are \$135 per person, and seating is limited. Join us for a meaningful evening that celebrates resilience, community, and supports PBH's vital programs.

Learn more and reserve your seat at the link below.

[PBH 2026 Gala](#)



Spotlight on CSS Department Community Support Services!

Peninsula Behavioral Health's Community Support Services (CSS) department is dedicated to helping individuals thrive in their everyday lives. CSS partners with individuals as they navigate mental health challenges, life transitions, and system involvement, providing support that is practical, person-centered, and grounded in hope. At the core of CSS is a simple but powerful goal: to meet people where they are and help them build stability, confidence, and meaningful connections within the community.

CSS brings together several programs that work collaboratively to offer comprehensive, wraparound care. Case Management services help individuals identify goals, coordinate care, and access essential resources such as healthcare, housing, benefits, and community supports. Case Managers work alongside individuals to reduce barriers, build life skills, and support progress toward greater independence. Peer Support complements this work by offering encouragement and guidance rooted in lived experience.

The Jail Transitions program supports individuals as they re-enter the community, helping them stay connected to care and reduce barriers during a critical period of change. Foundations of Community Support (FCS) focuses on housing stability and employment, recognizing that safe housing and meaningful work are essential to long-

term wellness. CSS also offers the New Journeys program, an early-intervention service for individuals and families experiencing a first episode of psychosis.

Through this team-based approach, CSS supports both individuals and their families during key stages of recovery. Together, the CSS team remains committed to walking alongside people as they move toward independence, recovery, and a life they choose.





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 offers Mental Health First Aid (MHFA) and De-escalation Trainings for local businesses in Clallam County. 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.

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

Now is the perfect time to schedule a training for your team!

Call us at [\(360\) 457-0431 ext. 531209](tel:(360)457-0431)

Email: kellyg@peninsulabehavioral.org



Teen Dating Violence Awareness Protecting Mental Health.

February is Teen Dating Violence Awareness Month, a time to spotlight the connection between healthy relationships and mental well-being.

Teen dating violence doesn't only include physical harm—it can also show up as emotional manipulation, controlling behaviors, isolation from friends, or digital harassment. These experiences can deeply impact mental health, contributing to anxiety, depression, low self-esteem, and trauma.

Healthy relationships are built on respect, trust, communication, and boundaries. Teens should feel safe expressing themselves, spending time with others, and being their authentic selves.

If you're a teen—or a parent, caregiver, or educator—know that support is available. Talking with a trusted adult or mental health professional can make a powerful difference. Everyone deserves relationships that support their safety and mental health.



MENTAL HEALTH MYTH BUSTING: Myth vs. Fact

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| MYTH People with low self-esteem just need to “think more positively.” | FACT Self-esteem grows through support, self-compassion, and skill building- not pressure and self-criticism. |
| MYTH Teen dating violence only includes physical abuse. | FACT Teen dating violence can also be emotional, verbal, digital, or controlling behaviors- and these can have serious impacts on mental health including anxiety, depression, and trauma. |
| MYTH Needing mental health support means you’re weak or broken. | FACT Seeking help is a sign of strength, self-awareness, and care for your well-being, just like seeing a doctor for physical health. |
| MYTH Pets are just a luxury or hobby- not related to mental health. | FACT Pets can reduce stress, ease loneliness, encourage routine, and provide emotional comfort. |

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.



Mental Health Anti-Stigma *Love, Understanding, and Support*

Stigma remains one of the biggest barriers to mental health care. Misunderstandings, stereotypes, and silence can prevent people from reaching out when they need support most.

Mental health conditions are common, treatable, and nothing to be ashamed of. Seeking help is not a sign of weakness—it's a sign of strength, self-awareness, and courage.

This February, let's choose empathy over judgment and understanding over assumptions. Simple actions—listening without fixing, checking in on loved ones, and using respectful language—help create a community where mental health is valued.

At Peninsula Behavioral Health, we believe everyone deserves compassionate care and a safe space to heal. Together, we can reduce stigma and make help more accessible for all.



National Love Your Pet Day *How Pets Support Mental Health*

February 20 is National Love Your Pet Day—a perfect reminder of how deeply animals can support our mental health.

Pets offer unconditional companionship, routine, and comfort. Spending time with animals has been shown to reduce stress, lower anxiety, and ease feelings of loneliness. Whether it's a dog who gets you outside for a walk, a cat who curls up beside you, or any beloved pet who brings joy, these connections matter.

Caring for a pet can also create structure and purpose, which can be especially helpful during challenging mental health moments.

This Love Your Pet Day, take a moment to appreciate the animals who support us in quiet, powerful ways. Sometimes, healing has four legs and a wagging tail.



Make a Lasting Impact—Every Month

Supporting mental health in our community starts with everyday actions: talking openly about mental health, choosing respectful language, showing empathy, and advocating for equity and reform. But one of the most powerful ways to turn compassion into action is through monthly giving.

Becoming a PBH monthly donor provides steady, reliable support that helps ensure individuals and families can access care when they need it most. Your ongoing gift strengthens crisis services, counseling, recovery supports, and community programs—month after month.

Whether you give monthly, annually, or make a one-time contribution, your generosity helps advance PBH's mission to provide quality, comprehensive behavioral health services to our community.

Join our monthly giving community today and make a difference all year long.

[Monthly Giving](#)



Contact Us



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