



## March 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!***

Mark your calendar for one of the most meaningful nights of the year. Peninsula Behavioral Health's 2026 Annual Gala, Strength in Every Story, will take place on Thursday, May 7, 2026, from 5:00–8:30 PM at the stunning Field Arts & Events Hall.

This unforgettable evening will feature an inspiring keynote from Lauren Sisler, award-winning ESPN broadcaster and mental health advocate. Guests will enjoy an exceptional buffet dinner prepared by Michael McQuay of Kokopelli Grill, along with an exciting silent auction featuring unique experiences and local treasures.

Most importantly, all funds raised will support the construction of PBH's new Youth & Family Services Center — a transformative three-story, 15,000-square-foot facility designed to expand access to trauma-informed, evidence-based care for children, adolescents, and families in Clallam County.

Tickets are \$135 per person, and seating is limited. This event is expected to sell out — reserve your seat today and be part of an evening that celebrates resilience, connection, and the power of community.

Together, we are building a future where Hope Starts Here.

Reserve your tickets at the link below.

## PBH 2026 Gala

*Thank You 2026 Gala Sponsors!*

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## **Spotlight on Forensics Team**

### ***Supporting Stability Through Forensic Services***

At Peninsula Behavioral Health, our Forensic HARPS (Housing and Recovery through Peer Services) and Forensic PATH (Projects for Assistance in Transition from Homelessness) programs support individuals involved in the legal system who are also living with significant mental health challenges. These programs promote stability, safety, and successful reentry by connecting participants to housing, treatment, medication management, peer support, and coordinated community services.

Forensic HARPS provides intensive, community-based support to help individuals maintain housing and engage in recovery. Forensic PATH focuses on outreach and engagement for individuals experiencing homelessness who are involved in or at risk of involvement in the criminal justice system. By investing in supportive interventions and community collaboration, Peninsula Behavioral Health continues to enhance public safety while fostering hope, dignity, and long-term well-being for some of our community's most vulnerable residents.

Behind this work is an exceptional team of dedicated professionals and peer specialists who show up every day with skill, compassion, and unwavering commitment. Their ability to build trust, coordinate care, and walk alongside participants through complex challenges makes this work possible.

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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



### No Cost Mental Health First Aid Training

Peninsula Behavioral Health offers Mental Health First Aid (MHFA) and De-escalation Trainings for Clallam County businesses. These practical, hands-on trainings help employees recognize signs of mental health challenges, respond appropriately, and safely de-escalate tense situations with coworkers or the public.

#### Why It Matters

Mental health impacts every workplace. Training your team strengthens employee safety, workplace culture, and your organization's role in building a resilient, compassionate community.

#### Your Team Will Gain

- Confidence to support coworkers and clients
- Tools to de-escalate conflicts respectfully and safely
- Strategies to foster a healthier work environment

## Ready to Schedule a Training?

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

Email: [kellyg@peninsulabehavioral.org](mailto:kellyg@peninsulabehavioral.org)

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### **Supporting Teen Mental Wellness** *World Teen Mental Wellness Month*

March 2nd marks World Teen Mental Wellness Day, a reminder that adolescent mental health deserves attention, care, and understanding. Adolescents face unique challenges—from school pressures to social media and identity exploration—that can impact their emotional well-being.

At Peninsula Behavioral Health, we are committed to providing teens and their families with support, counseling, and resources to navigate these challenges. Open conversations, active listening, and early intervention can make a lasting difference in a teen's life.

Parents, caregivers, and community members are encouraged to check in regularly with the young people in their lives. Even a small gesture of listening, validating feelings, or simply being present can help a teen feel seen, heard, and supported.

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# MENTAL HEALTH MYTH BUSTING: Myth vs. Fact

## MYTH

People who self-harm are just seeking attention.

## FACT

Self-harm is a coping mechanism for emotional pain, not a bid for attention. Compassion and support can help.

## MYTH

Teens just “grow out of” depression or anxiety.

## FACT

Mental health struggles in teens are real and treatable. Early support and open conversations make a difference.

## MYTH

Bipolar disorder is just “mood swings.”

## FACT

Bipolar disorder is a treatable medical condition that affects mood, energy, and behavior. With professional support, people can manage symptoms and live fulfilling lives.

## MYTH

LGBTQ+ people are more anxious or depressed because of their identity.

## FACT

Higher rates of mental health challenges are often linked to stigma, discrimination, and lack of support. Affirming care helps reduce these risks.

## 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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## **Honoring Self-Harm Awareness Month** *Raising Awareness, Offering Support*

March is Self-Harm Awareness Month, a time to raise awareness about the signs of self-injury and promote compassion for those struggling. Self-harm is often a coping mechanism for intense emotional pain and is not a sign of weakness or attention-seeking.

PBH encourages our community to approach these situations with understanding, not judgment. Educating ourselves about warning signs, reaching out with empathy, and connecting individuals to professional support can prevent further harm and provide hope.

If you or someone you love is struggling, know that help is available. PBH provides confidential counseling, crisis support, and mental health resources to guide individuals toward healing and safety. Together, we can create a community where everyone feels supported and valued.

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## **Celebrating LGBTQ+ Health and Visibility** *Visibility Matters, Support Saves Lives*

March 16th–20th marks National LGBTQ+ Health Awareness Week, and March 31st is International Transgender Day of Visibility. These observances shine a light on the importance of affirming care and the unique mental health needs within the LGBTQ+ community. Stigma, discrimination, and barriers to inclusive care can deeply affect well-being, which is why visibility, understanding, and support matter so much.

At PBH, we are dedicated to creating safe and welcoming spaces for everyone in our community. Our staff are trained to provide affirming mental health care that respects each person's identity and experiences. Simple acts of affirmation, such as using correct names and pronouns, offering understanding, or checking in with loved ones, can make a meaningful difference.

This month, we encourage the community to celebrate LGBTQ+ resilience and advocate for equitable access to mental health resources. By fostering inclusion and visibility, we help reduce stigma and support the overall health and happiness of our neighbors and friends.

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## Make a Lasting Impact—Every Month

Spring is a time of renewal — and a reminder that small, consistent actions create lasting change. Supporting mental health in our community starts with everyday choices: speaking openly about mental health, using respectful language, leading with empathy, and standing up for equity.

One of the most powerful ways to turn that compassion into action is through monthly giving.

Becoming a PBH monthly donor provides steady, reliable support so individuals and families can access care when they need it most. Your ongoing gift helps sustain crisis services, counseling, recovery supports, and community programs — not just today, but all year long.

Whether you give monthly, annually, or make a one-time contribution, your generosity strengthens access to quality, comprehensive behavioral health care across our community.

Join our monthly giving community this March and help ensure that hope grows in every season.

[Monthly Giving](#)



Contact Us



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

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