

April 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!

The countdown is on—our Gala is just one month away!

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

Join us for an unforgettable evening featuring keynote speaker Lauren Sisler, an award-winning ESPN broadcaster and powerful mental health advocate. Guests will enjoy a delicious buffet dinner by Chef Michael McQuay of Kokopelli Grill, plus an exciting silent auction filled with unique experiences and local treasures.

Most importantly, every dollar raised supports the construction of PBH's new Youth & Family Services Center—a transformative, purpose-built facility that will expand access to trauma-informed, evidence-based care for children, adolescents, and families across Clallam County.

Tickets are \$135 and seating is limited. This event is expected to sell out—secure your spot today and be part of an inspiring evening of resilience, connection, and community impact.

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 Youth & Family Services *Empowering Youth, Supporting Families*

Peninsula Behavioral Health's Youth and Family Services Department continues to play a vital role in supporting children, teens, and families across our community. With a growing need for mental health services, the team provides care, connection, and resources through individual therapy and group programs like Buddy Builders, DBT Skills, Board Game Group, Walkie Talkie Group, Art Group, and the upcoming Summer Adventure Group — offering youth meaningful ways to build skills, connect, and feel supported.

The team also stays connected with local partners through outreach efforts like Stevens Middle School's mental health wellness event, the Port Angeles School District Family Resource and Prevention event, and a presentation with Sequim Head Start. Collaboration continues with DSHS for mandatory reporter training, as well as with Stevens Middle School counselors and PASD family navigators to strengthen coordination and support for shared clients.

Behind the scenes, the department continues to grow to meet community needs. Since transitioning to Open Access, intake appointments are often full, increasing access to care. Open Access for new youth clients is available every Wednesday, beginning at 7:45 am and no appointment is needed. Clinicians are advancing their skills through EMDR and CBT+ training, while also supporting youth reentering from juvenile services. While much of this work happens quietly each day, its impact is lasting — helping young people and families build resilience, find support, and move forward with hope.



Small Steps Matter *Stress and Self-Care*

April is a natural time to pause and check in. During Stress Awareness Month, we're reminded that stress is something we all experience—but caring for your mental health doesn't have to mean making big changes. Often, it's the small, everyday actions that make the biggest impact.

Taking a short walk, getting enough rest, talking with someone you trust, or simply taking a moment to breathe can help reset and restore. These small steps add up.

Everyone experiences stress differently, and there's no one-size-fits-all approach to coping. What matters most is finding what helps you feel grounded, supported, and steady.

At Peninsula Behavioral Health, we believe self-care isn't selfish—it's essential. When we take care of ourselves, we're better able to show up for others and our community.

This month, we encourage you to make space for rest, reflection, and support. Even the smallest moments of care can strengthen resilience over time.

MENTAL HEALTH MYTH BUSTING: Myth vs. Fact

MYTH

Stress is just part of life-you should just push through it.

FACT

While stress is common, ongoing stress can impact your mental and physical health. Support & healthy coping tools can help.

MYTH

Only people in crisis need mental health support.

FACT

Mental health care is for everyone-early support can prevent challenges from becoming overwhelming.

MYTH

Asking for help is a sign of weakness.

FACT

Reaching out takes strength and is an important step toward healing and resilience.

MYTH

Kids & teens don't experience real stress.

FACT

Young people face real pressures, and supporting their mental health early helps them build resilience for the future.

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.



Breaking the Stigma Around Mental Health

Mental health challenges are a part of life for many individuals and families, yet stigma still prevents too many people from reaching out for help. When we speak openly about mental health, we help create a stronger, more compassionate community where people feel seen, supported, and understood.

Seeking help is not a weakness — it is a sign of courage. Whether someone is navigating anxiety, depression, stress, trauma, or substance use concerns, support can make a meaningful difference. The more we normalize these conversations, the more we make room for healing.

At Peninsula Behavioral Health, we are committed to reducing stigma and encouraging hope. Every conversation, every act of kindness, and every step toward support helps build a healthier community for all.



Building Resilient Youth ***Strong Support, Brighter Futures***

Young people today face many pressures, from school and social challenges to uncertainty about the future. That is why supporting youth mental health is so important. When children and teens have access to encouragement, trusted adults, and mental health resources, they are better equipped to grow, cope, and thrive.

Mental health support for youth can look different for every family. It may begin with listening without judgment, creating safe routines, encouraging healthy coping skills, or reaching out for professional care when needed. Early support can have a lasting impact.

Peninsula Behavioral Health believes every young person deserves the opportunity to feel safe, valued, and supported. By investing in youth mental health, we invest in a healthier future for our whole community.



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



Build a Stronger, Safer Workplace—at No Cost

Peninsula Behavioral Health is offering free Mental Health First Aid (MHFA) and De-escalation Trainings for Clallam County businesses this spring. These interactive, hands-on sessions equip your team with the skills to recognize signs of mental health challenges, respond with confidence, and safely de-escalate difficult situations with coworkers or the public.

Why It Matters

Mental health affects every workplace. Investing in your team's well-being helps create a safer environment, improves workplace culture, and strengthens our community as a whole.

Your Team Will Gain

- How to recognize and respond to mental health challenges
- Practical de-escalation techniques for real-world situations

- Tools to support a healthier, more compassionate workplace

Ready to Schedule a Training?

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

Email: kellyg@peninsulabehavioral.org



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.

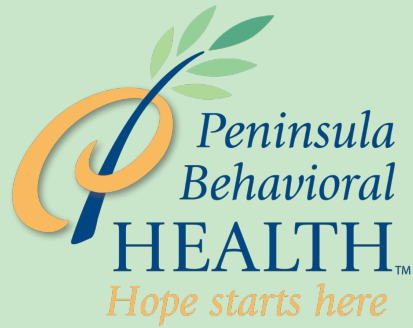
One of the most powerful ways to turn that compassion into action is through monthly giving.

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 April and help ensure that hope grows in every season.

[Monthly Giving](#)



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