

January-March 2025



Quarterly Prevention Newsletter

What is the Prevention Newsletter?

The Prevention Newsletter is essentially a newspaper that surrounds all things prevention in Pacific County. Community partners provide program news or updates, including upcoming events, and they are all shared here for you!

A newsletter will be created once a fiscal quarter and be provided to as many programs, businesses, and social media outlets as possible. We hope you enjoy!



Prevention Topics

- Opioid Misuse
- Suicide
- Alcohol
- Tobacco
- Health Inequity
- Youth Cannabis



Calendar

Looking for upcoming events in the community? A calendar and flyers are provided towards the back of this newsletter.

988
24/7 Crisis
& Support



The Prevention Newsletter is provided by:
Pacific County Public Health and Human Services

Local Programs, Coalitions, and Businesses

Pacific County Public Health and Human Services



Pacific County Public Health and Human Services (PCHHD) is a department within Pacific County who works towards health equity in our county while also advising the public on health practices. Our vision is active, healthy families and people of all ages, abilities and cultures living, playing and working together in thriving communities throughout Pacific County.

Peace of Mind Pacific County



Mission: provide education, advocacy and peer support for brain health and mental wellness.

The Vision: Peers engaged in recovery through educational programs, workshops, seminars, support groups and collaborative events promoting self-advocacy and hope for recovery of brain health and mental wellness.

History: Originally started as a National Alliance on Mental Illness chapter in 2005. Left NAMI amiably in 2016 to become incorporated as Peace of Mind Pacific County, a WA state registered non-profit. Currently waiting on 501c3 approval

Membership is free and open to anyone with an interest in mental wellbeing and brain health. For more information call: 360.642.3448 or email: info@pompc.org. Find us on Facebook!

Crisis Support Network



Our agency was established to provide help to those who are the victims of domestic violence, sexual assault, or other violent crime. Please don't wait to seek help. We are here for you now, in a safe, discreet, and professional space. Please go through our website to find services and resources that may just save your life.

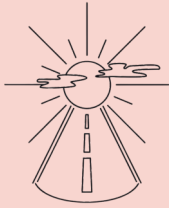
And remember, you didn't cause the violence. Please get help!

WellSpring



WellSpring Community Network is a grassroots organization made up of individuals and organizations dedicated to promoting physical, emotional, spiritual, and mental wellness in South Pacific County. Our mission is to support community wellness in South Pacific County through active collaborations.

Road 2 Resiliency (R2R)



We are a South Bend based prevention coalition, utilizing community collaboration to decrease youth substance misuse. We work with community partners to provide pro-social opportunities for our youth, and education to caregivers, school staff, professionals and our youth. We couldn't do any of this without our wonderful community - come join us!

True North ESD 113



True North Student Assistance and Treatment Services provides comprehensive behavioral health services to school-aged students. We are a service of Capital Region ESD 113 in Grays Harbor, Lewis, Mason, Pacific, and Thurston counties. True North is certified by the Department of Health as a provider for outpatient and intensive outpatient treatment services.

Teen Advocacy Coalition



The Teen Advocacy Coalition (TAC) serves North Pacific County from Bay Center north, including the Raymond, South Bend, and Willapa Valley School Districts. The mission was to coordinate efforts to address youth substance use and to promote good mental health.

TAC provides and/or supports many programs and events for both students and the community as a whole. These include Red Ribbon Week, National Drug and Alcohol Facts Week, Sources of Strength, After Prom Party, Guiding Good Choices, Second Step, Youth Mental Health First Aid, QPR (Question, Persuade, Refer), Only 7 Seconds, National Night Out, 5K Color Run, Movie Night, and Holiday Party.

TAC meetings are held the second Monday of every month with the board meeting at 2:00 pm and the coalition meeting at 3:30 pm. Committees meet as needed and report out at monthly meetings.

Know and Grow



Partnership for Early Learning

Know and Grow is a partnership of local organizations and individuals interested in creating, promoting and supporting early learning programs and resources for children ages birth-5 in North Pacific County.

SUPPORT: Communities, families, caregivers, and providers through parent education, play and learn groups, training support, advocacy, and community involvement.

CONNECT: Partners include business owners, schools, libraries, community agencies, early learning organizations, health providers, state agencies, and local, regional, and state-wide elected officials and decision makers.

INFORM: Exchange information to support local, regional, and state communication, including data mapping, home visiting, and DCYF efforts around Early Achievers, WaKIDS, and Standards Alignment.

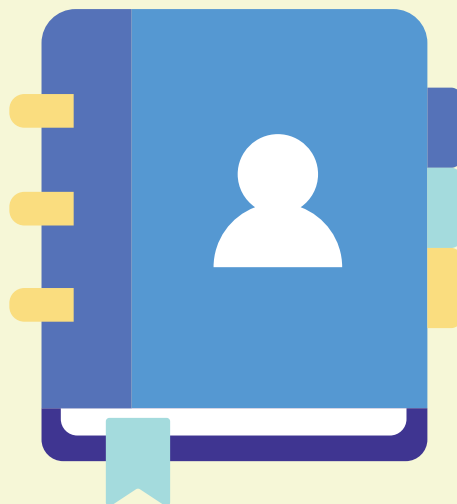
Valley View Health Center



Our Mission: To improve the health and well-being of the community by providing quality and compassionate healthcare services in a patient-centered atmosphere respecting individual and cultural diversity.

About Us: Valley View Health Center is a non-profit community health center providing access to medical, dental, behavioral health, pharmacy, and telehealth services to our communities. We have 13 clinics in Lewis, Thurston, and Pacific counties. A sliding fee discount based on family size and income is available. To partner and promote health care in North Pacific County, call our Raymond Clinic at 360.942.3040, email us at administration@vvhc.org, or find us on Facebook!

Does your program/ business want to be listed as "Local Programs, Coalitions, and Businesses"? Contact the Pacific County Public Health and Human Services Department to submit your information for the next newsletter.



EVENTS

October–December Events Snap Shots

Local programs and businesses always have amazing events happening for the public! Below is a snapshot of some of the events that happened in the last few of months.



Health and Wellness Fair

Willapa Harbor Hospital
October 5th

Willapa Harbor Hospital put on a Health and Wellness Fair on October 5th. They gave away 9 mammograms, 15 labs and 28 flu shots! Plus, they had 2 winners of our raffle prizes (Sam Singletary and Georgia Olsen). There were booths from cardiac rehab (CPR), stop the bleed, finance, Willapa Medical Clinic, advanced directives, MyChart, the mobile library, Pacific County Emergency Management, Raymond EMS, Holistic Pain Management, Pacific Eye Clinic, and more. Wild Pines Coffee Co was there as well as BIGFOOT. They hope to have an even bigger event next year. Thank you WHH!

Adventure Day

PCHHS, Naselle School, Ocean Beach School District
October 2nd and 9th

Through September into early October, Pacific County school districts 6th grade classes participated in Adventure Day.

During Adventure Day, students learn teamwork skills, bond with classmates,

gain confidence, and develop problem-solving strategies. Health department employees were trained and certified by a national agency to guide students through each obstacle safely. One of the more popular elements is Prouty's Landing (pictured above) where students must swing on the rope to a platform without touching the ground. The students were fantastic and showed great growth by the end of the day.



Get Ready to ShakeOut.

October 17, 2024

Register: ShakeOut.org



Great Shakeout

The Great Shakeout
October 17th

This year's International ShakeOut Day was October 17, when millions of people worldwide will participate in earthquake drills at work, school, or home!

At 10:17 a.m. (local time) on 10/17, Pacific County participated in the drill.

Many areas of the globe are prone to earthquakes. You could be anywhere when an earthquake strikes: at home,

at work, at school or even on vacation. Great ShakeOut earthquake drills are an opportunity to practice how to be safer during earthquakes: "Drop, Cover and Hold On." ShakeOut also has been organized to encourage you, your community, your school, or your organization to update emergency plans and supplies, and to secure your space in order to prevent damage and injuries.

Harvest Festival

**Pacific County Harvest Festival
October 26th**

On October 26th, the annual Pacific County Harvest Festival was held out at the Pacific County Fairgrounds. This event was created to give families a safe and fun space for all types of Halloween and harvest activities. The biggest draw of this event each year is the Trunk or Treat. Volunteers dress up and decorate their cars to hand out candy to trick or treaters at the fairgrounds.

There was also free face painting, 3 legged races, hayscramble, and a haybale toss competition for families to enjoy. When the day turned to night, the Haunted Horse Barn came alive. Thank you Pacific County Harvest Festival for another great year of tricks and treats.

26 OCTOBER

HARVEST Festival

Pacific County Fairgrounds
5 Fair Lane, Raymond WA

Starts at NOON
Free entry

SCHEDULE OF EVENTS
12-5 DJ MIA
12:30-3 FREE FACEPAINTING
2:00 SACK RACES, 3 LEGGED RACES
3:00 HAYSCRAMBLE
5:00 HAYBALE TOSS COMPETITION

**ANNUAL TRUNK OR TREAT 3:30
HAUNTED HORSE BARN 7-?**

**FOOD & DRINKS-LOCAL VENDORS-MUSIC-FREE ACTIVITIES AND GAMES
FOR WHOLE FAMILY AND MORE**

Questions? Contact Jess Yearout
360.590.2401



RX Takeback

**Wellspring, R2R
October 26th**

RX Takeback event happened on October 26th. This event is held in both north and south county for community members to drop off old medication. North county collected 13.3lbs of medications at Pioneer Grocery. South county location at Oakie's was able to hand out 20 lock boxes for families to keep their medication locked up and safe.

Thank you to R2R, Wellspring, and Pacific County law enforcement for helping with this event!

Red Ribbon Week

Raymond School TAC Peer Helpers
and SADD

October 23rd-31st

We are excited to share the success of this year's Red Ribbon Week, a time dedicated to promoting healthy choices and raising awareness about substance abuse prevention. Over 250 students in grades 7-12 participated in a variety of fun and meaningful activities designed to inspire commitment to living substance-free. Throughout the week, students engaged in:



- **Prevention Activities:** Interactive sessions focused on the importance of staying drug-free.
- **Substance-Free Pledge:** Hundreds of students signed a pledge to remain free from substances, showing their commitment to making healthy decisions.
- **Strength-Based Art Projects:** Creative art projects encouraged students to express their strength, resilience, and commitment to a positive lifestyle.
- **Spirit Days:** Students showed their support with themed dress-up days, building school unity and promoting positive values.
- **Bingo Games:** Fun and engaging games where students learned more about making healthy choices while competing for prizes.
- **Coloring Contest:** Students' artistic talents shone through as they created colorful designs reflecting the Red Ribbon Week theme.
- **Morning Announcements:** Inspirational messages and facts about substance abuse prevention were shared each day to keep students engaged and informed.
- **Rock-Paper-Scissors Tournaments:** Friendly competitions brought a fun, lighthearted way to encourage participation while fostering school spirit.

A huge thank you to all the students, staff, and families for their support in making this event such a success. Together, we are building a stronger, healthier, and more positive school community!

Let's continue to encourage our students to make choices that support their well-being every day!



A Prevention Halloween

Willapa Valley Prevention Club

October 31st

Willapa Valley Prevention club has been busy starting up a new year with a ton of new members. The club decided that for Halloween their peers deserved a

sweet treat with ideas on how to have a sober and safe Halloween. There were also word scrambles and coloring pages (for a coloring contest) available for all students to relax their mind and take away from some of the stress of school.

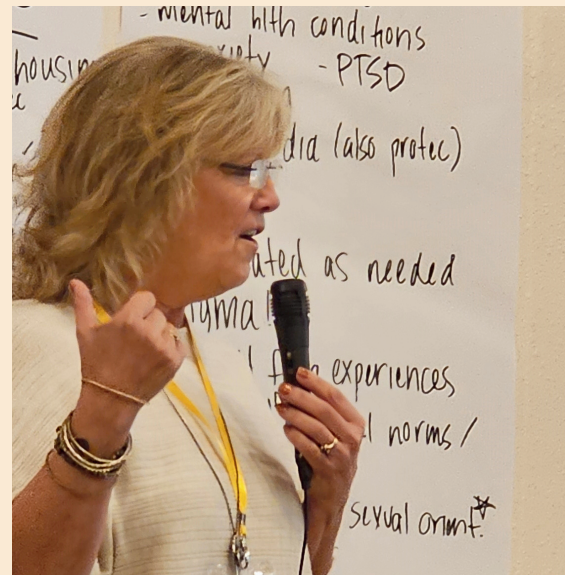
Cody Mican and Brody Ritzman were the big winners of "How many eyeballs and pumpkins are in the jar?". They both guessed 65 and won the jar of Candy.

Prevention club wants to remind all students to be mindful on Halloween and make good choices. Thank You Deputy Mathaler for joining our group and making a positive impact on our community!

Community Suicide Prevention Workshop

POMPC
November 9th

POMPC through their S.T.A.R.S. Initiative held the Community Suicide Prevention Workshop on November 9th. 35 Community leaders from local agencies and non-profits came together to learn how they can participate in suicide



prevention for our community, which experiences approximately 5x the national rate of suicide. The event, facilitated by Rosanne McPhail and Noelle McPhail, featured local Lorraine Brown as keynote speaker.

If you or someone you know is considering suicide, please reach out. The 988 Suicide & Crisis Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States and its territories. You are not alone!



Friendsgiving Fundraiser

**Crisis Support Network
November 9th**

Crisis Support Network put together a Friendsgiving Fundraiser this year at the Willapa Chamber. There was about 70 people in attendance, 16 silent auction items, and split the deck 50/50 raffle. Menu included traditional Thanksgiving style dinner: turkey, ham, mashed potatoes, gravy, stuffing, green bean casserole, cranberry sauce, rolls, and dessert.

There were also table games that included trivia and Mad Libs. Total profit for the event was about \$4,500. Thank you to the sponsors and all who attended!

Sponsors

Friendsgiving Feast Sponsor: First Interstate Bank

Gobble Gobble Sponsors: Connect Community Bank, Bud's Lumber & Electric

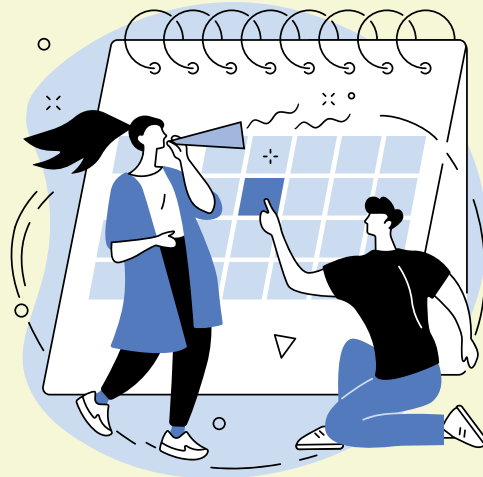
Harvest Sponsors: Dennis Company, Dilk's Tire Service Inc., Jared, Michael C Plato CPA, Penoyar Law, Willapa Veterinary Service

Cornucopia Sponsor: Powell, Seiler & Co PS

Prevention Newsletter Snap Shots

The Prevention Newsletter is always looking for highlights/ snap shots of events from the previous 3 months to include. We love highlighting the hard work of our community and are always looking for more!

Have prevention events happening in January-March? Make sure to take down data, take pictures (or have a flyer), and contact the Health Department about getting your event snap shot in the next prevention newsletter.





Find links to quality, accurate information on health topics that are important to you. Each link is vetted by DOH’s Adolescent and Young Adult Health Team and reviewed by the Youth Advisory Council.



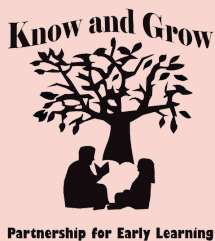
Join us every second Tuesday of the month for our Well Spring Coalition meeting! These meetings are open to the public and we’re always looking to expand our collaborations in order to support wellness in South Pacific County. Meet with fellow community members representing many organizations in our area, who work together to raise funds for mini-grants to community groups, support wellness and prevention initiatives and events, and enrich our community. Our meetings are at 12:30 p.m. at the County Building on Sandridge Road -- or message for a Zoom link.

Meeting Announcement



Teen Advocacy Coalition (TAC) is always looking for new members! Our General Meetings are held the second Monday of every month at 3:30PM.

Meeting Announcement



Know and Grow is always welcoming of new members! Our general meetings are held on the third Monday of each month from 2-3:30. If you are interested in getting on the mailing list please submit your email contact to: knowandgrowpacificco@gmail.com
ATT: Rhonda Johnson

Interested in reading last quarter's newsletter?

Each fiscal quarter, a new Prevention Newsletter is made and distributed to the community. Every newsletter will be available to read on the Pacific County COVID-19 website when completed. Please visit the page below via website URL or QR code to see the January-March newsletter.

<https://www.pacificcountyhealth.com/behavioral-health>



October-December 2024

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- Health Inequity
- Youth Cannabis

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988
24/7 Crisis & Support

The Prevention Newsletter is provided by:
Pacific County Public Health and Human Services



All groups are facilitated by peers. Peace of Mind Pacific County is a peer founded, peer operated, all volunteer 501c3 non-profit. EIN: 81-4879597. For additional information, find us on Facebook, at our website: www.pompc.org, email info@pompc.org or call locally, 360.642.3448.

Pacific County FYSPRT (Family, Youth, and System Partner Round Tables) Meeting

Open to the community! FYSPRT provides a forum for families, youth, systems, and communities to strengthen sustainable resources by providing community-based approaches to address the individual behavioral health needs of children, youth, and families. Regional FYSPRT Meetings will be held on the 1st Monday of each month from 4:30 pm to 5:45 pm. Please email FYSPRT@grbhaso.org to be added to the invite.

<https://www.grbhaso.org/fysprt>



Microsoft Teams meeting

Join on your computer, mobile app or room device
Meeting ID: 290 891 059 792
Passcode: N3azFc

Programs Announcement



South Bend Early Learning Center strives to meet families where they are to provide a whole family approach that affirms learning and development are interrelated. South Bend ELC is an ECEAP site whose goal is to serve those families with the greatest need for services. **ECEAP** is free preschool that supports child development and health. ECEAP also provides free developmental screenings for vision, dental, and behavior. Parents are encouraged to become involved in Parent Policy Council which is a monthly group discussion opportunity led by ELC staff. Parent education classes will be available using Conscious Discipline, Ready Rosie, and Second Step curriculums.

For more information about programming or to enroll your child in preschool and/or child care please call (360) 875-5327 opt 1.



988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention

Lifeline (now known as the 988 Suicide & Crisis Lifeline), and is now active across the United States. When people call, text, or chat 988, they will be connected to trained

counselors that are part of the existing Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary. The previous Lifeline phone number (1-800-273-8255) will always remain available to people in emotional distress or suicidal crisis.

<https://988lifeline.org/>

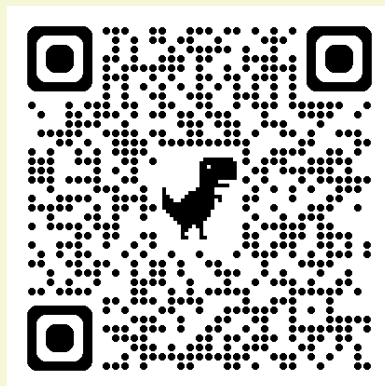
Pacific County Resource Guide


Pacific County Public Health and Human Services is proud to announce that the NEW Pacific County Resource Guide is ready and available to the public!

What is the Resource Guide?

The Resource Guide is a comprehensive list of all of the agencies and programs available to the public in Pacific County. They are sorted by their purpose or niche, including support groups, veterans, and healthcare. You can scan the QR code to the right to access the electronic version.

Printout available through the Pacific County Public Health and Human Services Department website!





Make sure your contact information is up to date!

If you have Apple Health (Medicaid) coverage and have moved in the last three years, visit wahealthplanfinder.org or call **1-855-923-4633** to update your contact information today.



<https://vvhc.org/did-you-receive-your-apple-health-medicaid-renewal-notice/>



¡No se pierda actualizaciones importantes sobre su cobertura de Apple Health (Medicaid)!



Asegúrese de que podamos hacerle llegar actualizaciones importantes sobre su cobertura.

Visite wahealthplanfinder.org o llame al teléfono **1-855-923-4633** hoy.



<https://vvhc.org/did-you-receive-your-apple-health-medicaid-renewal-notice/>

Calendar for January 2025 (United States)

January						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				Caregiver Support Group @ 1	3	4
5	Caregiver Support Group @ 3	7	8	9	10	11
12	13	14	15	16	17	18
19		21	22	23	24	25
26	27	28	29	Project Community Connect	Project Community Connect	
Phases of the Moon: 6: 🌑 13: 🌒 21: 🌓 29: 🌔						
Holidays and Observances: 1: New Year's Day, 20: Martin Luther King Jr. Day, 20: Inauguration Day (DC, MD*, VA*)						

Calendar for February 2025 (United States)

February						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	Caregiver Support Group @ 3	4	5	Caregiver Support Group @ 1	7	8
9	10	11	12	13		15
16		18	19	20	21	22
23	24	25	26	27	28	
Phases of the Moon: 5: 🌑 12: 🌒 20: 🌓 27: 🌔						
Holidays and Observances: 14: Valentine's Day, 17: Presidents' Day						

Calendar for March 2025 (United States)

March						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	Caregiver Support Group @ 3	4	5	Caregiver Support Group @ 1	7	8
9	10	11	12	13	14	15
16	Happy St. Patrick's Day	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Phases of the Moon: 6: 🌑 14: 🌒 22: 🌓 29: 🌔

Holidays and Observances: 17: [St. Patrick's Day](#)

Upcoming Events

Project Community Connect/ PIT Count Jan 30th & 31st <i>PCHHS</i>	Project Community Connect is the equivalent of a resource fair that is held during the Point in Time Count (PIT) for individuals who need the resources (homeless or on the verge of homelessness).
Adventure To Wellness Health and Wellness Fair October 5th <i>Willapa Harbor Hospital</i>	XXXXXXXXXXXXXXXX
Great Washington ShakeOut October 17th <i>Emergency Management</i>	XXXXXXXXXXXXXXXXXXXX

Nothing here! Check back
in the next newsletter!

Recurring Events/ Meetings

<p>TAC General Meeting @ 3:30 <i>TAC</i></p>	<p>General Meetings are held the second Monday of every month at 3:30PM.</p>	<p>Grief Talk <i>1st and 3rd Saturday at 11am</i> Peace of Mind</p>	<p>11:00 a.m. Whalebone Cottage, Ocean Park</p>
<p>KC's Koffee Hour <i>1st and 3rd Wednesdays at 1pm</i> Peace of Mind</p>	<p>1st and 3rd Wed. 1:00 p.m. at Ocean Park Lutheran Church</p>	<p>Bariatric Support Group <i>Every 4th Tuesday</i> Ocean Beach Hospital</p>	<p>Ocean Beach Hospital has started a bariatric support group, it meets the 4th Tuesday of every month at OBH at 11:00. If interested, contact our office at 360-642-6308.</p>
<p>Art for a Healthy Mind <i>2nd and 4th Wednesdays at 1pm</i> Peace of Mind</p>	<p>2nd and 4th Wed 1:00 p.m. at Ocean Park Lutheran Church</p>	<p>Senior Men's Group <i>1st and 3rd Thursdays at 5:15pm</i> Peace of Mind</p>	<p>2nd and 4th Wed 5:15 p.m. Whalebone House Cottage, Ocean Park</p>

NARCAN® (naloxone HCl) Nasal Spray is an opioid antagonist indicated for the emergency treatment of known or suspected opioid overdose, as manifested by respiratory and/or central nervous system depression. NARCAN® Nasal Spray is intended for immediate administration as emergency therapy in settings where opioids may be present. NARCAN® Nasal Spray is not a substitute for emergency medical care.

If you need a box of naloxone to keep on hand, please visit the Pacific County Health Department office in either South Bend or Long Beach.



Quit today for a better tomorrow!

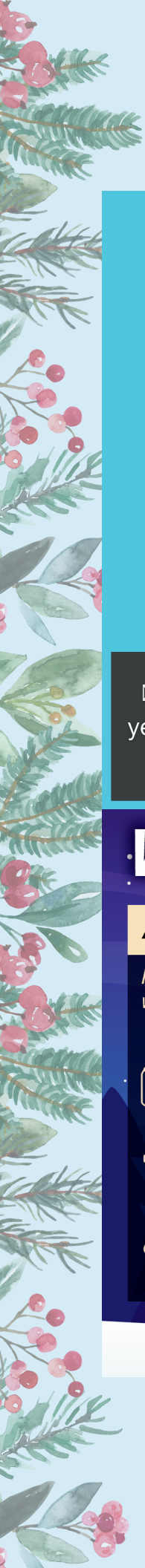


Wanting to quit smoking?

**Visit
Quitline.com,
text READY to
200-400, or call
1-800-QUIT-
NOW.**

CELEBRATING 20 YEARS

WASHINGTON STATE QUITLINE



Loading...

SECURE YOUR CANNABIS

THEY'RE NOW LOADING

Teen brains are still developing decision-making and coordination skills.

Using cannabis while the brain is still growing can change its chemistry.

SECURE YOUR CANNABIS

Learn more at bit.ly/secureyourcannabis

☒ Marijuana use can impact brain development. Brain development continues until 25 years of age. Marijuana use can also cause deficits in learning and memory. Teens who use marijuana are more likely to receive failing grades in school.

Winter Storm Planning Timeline

A few days out

If the forecast calls for winter weather, start preparing now.



Have emergency supplies for your home & car



Check your smoke and carbon monoxide detectors



Replenish fuel for your car and heating sources

The day before

Forecast accuracy continues to improve, so keep checking the latest.



Adjust plans



Have multiple ways to receive Warnings



Bring pets indoors and ensure they have water

During & After

Remain vigilant and stay informed. Drive only if necessary.



Check on neighbors and family



Properly ventilate emergency heat sources



Keep generators at least 20 feet from your home



Take it easy when shoveling

weather.gov



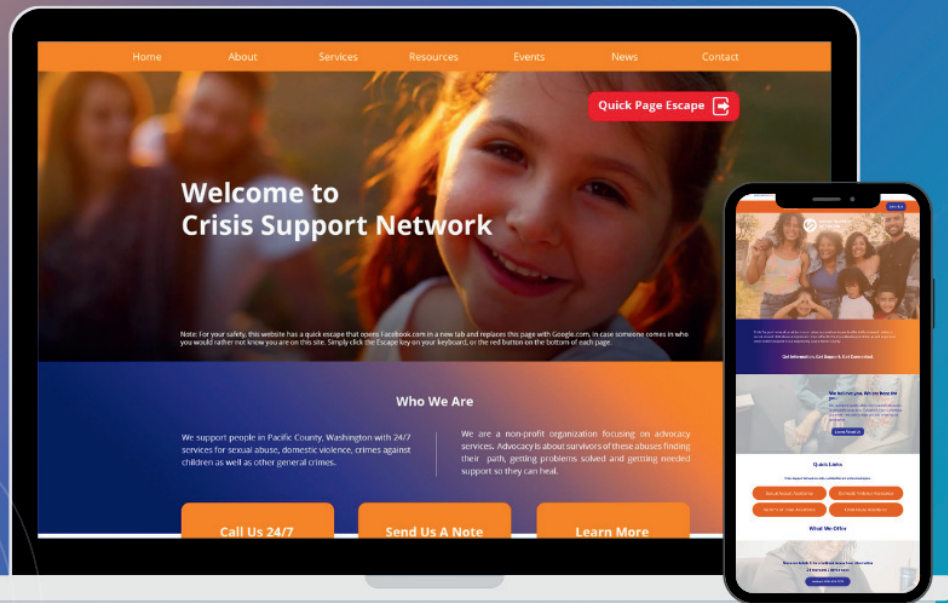


CRISIS SUPPORT NETWORK

ADVOCACY | CONNECTION | EDUCATION

VISIT OUR **NEW** WEBSITE

<https://crisis-support.org/>





Connecting everyone in Washington with dental care

DentistLink is a **free referral service that connects you to a dentist in your community**. We help you find the dental care you need whether you are uninsured or have insurance, including Apple Health (Medicaid). There are three easy ways to connect with us:

Three Ways to Use DentistLink

1. Search our “Find a Dentist” directory

Provide basic information about your dental needs and location, and receive a list of dental providers in your area. Search on our website anytime.

2. Call or text the DentistLink team directly

Available: Mon - Fri | 8am - 5pm | 844.888.5465

You can connect directly with our Referral Specialists by texting or calling us. We can also provide information about available resources, including transportation. **Interpretation services are available when speaking with us. Se habla Español.**

3. Go to our website, fill out a short form, and have us contact you

Answer a few questions about your age, location, and your dental needs. Our Referral Specialist will then connect you with a dental provider that matches your needs.

The health of your mouth affects your overall health. Regular dental checkups help keep you healthy.

Questions?

Email us: DentistLink@ArcoraFoundation.org

Call us: 844.888.5465

Looking for dental care in your community? DentistLink can help!



Online: Visit DentistLink.org



Call or Text:
844.888.5465

DentistLink is a free referral service for anyone in Washington. DentistLink is brought to you by Arcora Foundation, the foundation of Delta Dental of Washington.

ARCORA
The Foundation of Delta Dental of Washington

Pacific County ABCD Champion



Dr. Joshua Browning DMD

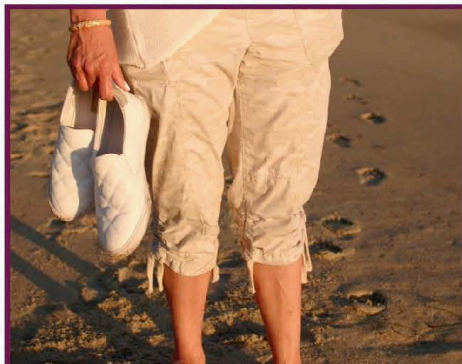
Access to Baby and Child Dentistry (ABCD) is a system of care in Washington state that connects Apple Health (Medicaid) insured children from birth up to age six with specially-trained dentists in their communities.

Medicaid-eligible children meet ABCD criteria up to their 6th birthday (age 0 to 6).

Medicaid-eligible children, with a Developmental Disabilities Administration (DDA) indicator in ProviderOne, meet ABCD criteria up to their 13th birthday (age 0 to 13). For more information on DDA visit dshs.wa.gov/dda.



For information on becoming an ABCD client, please contact Pacific County Health and Human Services.



S.A.I.L.

Stay Active and Independent for Life

Stay Active and Independent for Life (SAIL) is an evidence-based strength, balance and fitness program for adults 65 and older. Performing exercises, either standing or sitting, that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chances of falling.

Be fit & have fun!

Gain strength and balance to help maintain and improve your quality of life!

Choose your class:



Regular SAIL:

Mondays & Wednesdays 9am to 10am
Tuesdays & Thursdays 11am to 12pm

Peninsula Senior Center
21603 O Lane in Ocean Park



Mondays & Wednesdays 3pm to 4pm
Naselle Community Center
14 Parpala Road in Naselle



Seated SAIL:

Tuesdays & Thursdays 10 to 11:00am
Golden Sands Assisted Living
21608 O Lane in Ocean Park



**Stay Active
& Independent
for Life (SAIL)**



OCEAN BEACH
HOSPITAL
& MEDICAL CLINICS

SAIL Info: (360) 642-6308



Wild Land Urban Interface

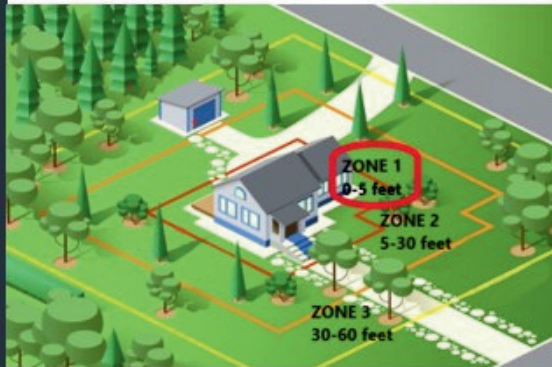
How you can help

WUI

Studies show that as many as 80 percent of homes lost to wildland fire may have been saved if a defensible space had been cleared of the brush around the homes.

Preventable measures you can take.

Protecting your property from wildfires is crucial for homeowners, and taking necessary precautions is essential. You can prepare your home to withstand airborne embers and prevent flames or surface fire from reaching your home. Creating a defensible space is an effective way to reduce the risk of fire damage. This involves establishing a buffer zone between your buildings and the surrounding wildland area. The defensible space can be divided into three zones.



By establishing a defensible space, which involves creating a buffer zone between your buildings and the neighboring wildland area, homeowners can diminish the risk of fire damage. This space can be separated into three zones.

0 to 5' Zone 1 Immediate Zone

- This zone is the most critical area for homeowners to focus on for fire safety.
- Use hardscape like gravel, pavers, concrete and other noncombustible mulch materials. No combustible bark or mulch
- Create a space that is easily accessible for conducting fire suppression activities.
- Eliminate any dead or dying vegetation such as weeds, grass, plants, shrubs, trees, branches, and vegetative debris like leaves, needles, cones, and bark. It is also crucial to inspect your roof, gutters, decks, porches, stairways, and other outdoor structures for any potential fire hazards.
- Display your address prominently on your home and at the driveway intersection. Reflective numbers should be at least four inches tall and visible in smoke or at night. **Address signposts are \$20.00 at Fire District 1 for fire district residents.**



Peninsula Fuels.

Common sources of wildland fuel within Fire District 1 include beach grasses, low shrubs, common gorse, scrub pine, spruce trees, underbrush, and dead logs. These fuels create a highly flammable environment characterized by an accumulation of dry foliage at the base of plants and stands. Wildfire risk is influenced by factors such as weather conditions, topography, and the presence of dry vegetation like dune grass or brush which can easily ignite and spread fire rapidly, posing a threat to homes and property. Areas with an abundance of dry and dead vegetation can amplify the fuel for a fire to burn.

5' to 30' Zone 2.

Lean, Clean and Green Zone

- Remove all dead plants, grass, and weeds (vegetation).
- Remove branches that hang over your roof and keep dead branches 10 feet away from your chimney.
- Additionally, it is important to conduct regular maintenance, such as pruning and weed removal, to reduce fuel.
- Remove or prune flammable plants and shrubs near windows.
- Create a separation between trees, shrubs and items that could catch fire, such as patio furniture, wood piles, swing sets, etc.



We understand the importance of protecting your home and property from the devastating effects of wildfires. We encourage you to take proactive measures towards wildfire prevention. If you have any questions or concerns about wildfire prevention, please do not hesitate to reach out to us. Our knowledgeable and skilled team is available to provide you with the guidance and information you need to safeguard your home against wildfire.

Additionally, if you are interested in having a site visit to assess the potential risks for wildfire and to develop a customized prevention plan for your property, we would be more than happy to meet with you. It is our priority to ensure that you have the knowledge and resources necessary to protect your home and loved ones from the threats of wildfire.

**PACIFIC COUNTY FIRE
DISTRICT #1
(360) 665-4451**

Defensible Space



Clear any trees and brush that could obstruct the fire truck's path or reduce visibility of the driveway. Clear trees, branches, and brush from your driveway so that it is at least 12 feet wide and has at least 13.5 feet of vertical clearance to allow fire trucks access.



What do I do with the yard waste after cleaning up?

Firewood can be made from sticks and logs. The regulation of burning yard waste varies by location, so if you choose this option, make sure to check with PCFD1 for the appropriate burn permit.

- Chipped yard waste is a sustainable alternative to landfilling, which reduces the environmental impacts associated with landfills it is a natural fertilizer

30' to 60' Zone 3 Reduce Fuel Zone,

Landscaping – the goal here is not to eliminate fire but to interrupt fire's path and keep flames smaller and on the ground.

- Cut or mow grass down to a maximum height of 4 inches.

- Create horizontal space between shrubs and trees. Trees/clumps of trees should have a minimum of 18' between treetops.

- Remove ladder fuels (vegetation under trees) so a surface fire cannot reach the crowns. Prune trees up to six to ten feet from the ground; for shorter trees do not exceed 1/3 of the overall tree height.

- Remove fallen leaves, needles, twigs, bark, cones, and small branches.

- Structures separate from the main building, exposed wood piles, and storage tanks for Liquid Propane Gas and should have a minimum of 10 feet of clearance, down to bare mineral soil, in all directions. In addition to clearing the area around the propane tank, it is also important to ensure that the tank is professionally installed and maintained.

Maintaining the Trees on Your Property

- Trees are permitted within the defensible space if the horizontal distance between the crowns of adjacent trees and the crowns of trees and structures, overhead electrical facilities, or unmodified fuel is at or greater than 18 feet.

- Portions of tree crowns that extend to within 10 feet (3048 mm) of the outlet of a chimney shall be pruned to maintain a minimum horizontal clearance of 10 feet (3048 mm).

- Deadwood and litter should regularly be removed from trees.

- Remove dead or diseased trees (hazard trees) that have weakened or unstable roots and branches and are more likely to fall or break during high winds, heavy snow, or ice storms and cause damage to the structure or obstruct evacuation routes.

Call the Department of Community

Development before any hazard tree removal.
360-642-9382

988
SUICIDE
& CRISIS
LIFELINE

How Our Calls Are Routed

THE LIFELINE PHONE SYSTEM

The 988 Suicide & Crisis Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States.

The Lifeline is funded by the **Substance Abuse and Mental Health Services Administration (SAMHSA)** and administered by **Vibrant Emotional Health**.



The Lifeline is made up of a network of over **200 independently owned and operated local centers**. To reach the Lifeline, call 988 or chat at 988lifeline.org

The Lifeline network was designed to **connect callers with local crisis centers**, by using a phone system that routes calls based on the caller's phone number.

CALL FLOW



WHAT HAPPENS WHEN SOMEONE CALLS THE LIFELINE?

When someone calls 988, they will hear our automated greeting message that features additional options:

“

You have reached the 988 Suicide & Crisis Lifeline, also serving the Veteran Crisis Line. Para Español oprima el número dos. If you are in emotional distress or suicidal crisis, or are concerned about someone who might be, we are here to help.

If you are a US military veteran or current service member, or calling about one, please press 1 now. Otherwise, please hold while we route your call to the nearest crisis center in our network.

”



We'll play a little music while we connect the caller to a skilled, trained crisis counselor.

Our phone system will route the call to the **closest crisis center** in the Lifeline network based on area code.



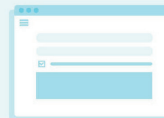
Each crisis center picks their coverage area (which can be defined by zip code, area code, county or even state), and their hours of operation.



A trained crisis counselor at a local center will answer the phone.

This person will listen to the caller, work to understand what the caller is experiencing, provide support, and collaborate with the caller on ways to feel better and connect with any needed help or resources.

WHAT HAPPENS WHEN SOMEONE CHATS WITH THE LIFELINE?



When someone uses the Lifeline chat via <https://988lifeline.org/chat/> they'll first complete a **short survey** letting the crisis counselor know a little about their current situation, and then see a **wait-time message** while they are connected to a crisis counselor.

A trained crisis counselor will answer the chat, converse with the caller to understand how their problem is affecting them, provide support, and share resources that may be helpful.



WHAT HAPPENS WHEN SOMEONE TEXTS THE LIFELINE?



When someone texts 988, they will complete a **short survey** letting the crisis counselor know a little about their current situation.

They will be then connected with a trained crisis counselor, who will interact with them to understand what the texter is experiencing, provide support, and connect them with any needed help or resources.





Pacific County TAC
Keeping Youth Healthy, Safe and Valued
www.pacificcountytac.org

**JOIN US
FOR OUR
MEMBER
MEETUP**

Every 2nd Monday of the Month @ 3:30PM

**In Person: Raymond Flex Center 1016 COMMERCIAL ST
RAYMOND, WA 98577**

or

Visit our Website for the Zoom link:

www.pacificcountytac.org



Willapa Commons

- Presented by -

Willapa Behavioral Health & Wellness

A gathering place where people...

- Struggling with mental health or recovery can come to relax and feel safe.
- Struggling with their mental health or recovery can connect and feel a sense of community.
- Can receive help in maintaining their sobriety.
- Can talk with a certified peer counselor.
- Can receive help finding resources.
- Can participate in and help plan fun activities.

1808 Bay Ave.
Ocean Park, WA 98640

Hours of Operation:
Monday – Friday 9:00-5:00

Contact:
Nicole Pearson
Cell 360-214-8984
Office:360-218-7078
pearsonn@willapabh.org

Available Resources For Our Guests

- Access to Internet
- Support Groups
- Water/Coffee
- Board Games
- Connection to Resources
- Peer Support
- Art Groups
- Snacks
- Movies



Donations Are Always Welcome

- Monetary donations which can be made at <https://willapabh.org/contact-us/donate/>
- Sugar
- Coffee/Coffee Creamer/Disposable Cups
- Healthy Snacks/Food
- Toothbrush/Paste & holder
- Laundromat Vouchers
- Bus Passes
- Underwear/Sweatpants & shirts/T-Shirts/Socks
- Our Amazon Wishlist link <https://a.co/261Joho>



Willapa Behavioral Health and Wellness

- Presents -

Families First

Example of Skills Taught

- Positive Communication
- Positive/Supportive Relationships
- Disciplining without anger/violence
- Problem Solving/Consequential thinking
- Anger Management
- Other skills targeting identified needs

Who Does Families First Serve?

The youth, parents, and families referred to the program may have a variety of emotional and behavioral challenges. Some youth/families have been diagnosed with mental illnesses, some may be ungovernable, and others are reacting poorly to struggling family environments.

Families First can be very helpful to youth and families who are incarceration-impacted, corrections involved, or have experienced inpatient behavioral health treatment and are coming back into the home.

What is Families First

- Behavioral intervention that works with families in their own homes
- Program is approximately 8-12 weeks, 6-10 hours a week depending on need
- Builds skills targeting family goals and needs through teaching, modeling, and role-playing
- Active teaching to engage family members
- Focus on individual and family strengths
- Negative behaviors typically decrease by 27 points (as measured by the Youth Outcome Questionnaire), a 13-point change is clinically significant
- Follow-up is available based on parent/guardian preference

Contact: John Good 360-227-1676 or goodj@willapabh.org



*"Caregiving often calls us to lean
into love we didn't know
possible." **

Caregiver Support Group

First Thursday of the month
1:00 - 2:00
Naselle Clinic
Contact: 360-642-6330
rcassidy@oceanbeachhospital.com

The Caregiver support group meets the **first Thursday of every month** and offers a safe place to discuss the stresses, challenges, and rewards of providing care for a love one.

All are welcome; share your experience, advice, and support to other caregivers.

Light snacks will be provided.



* Tina Walker, *The Inspired Caregiver: Finding Joy While Caring for Those you Love*

COMMUNITY INTEGRATED

Health Services

A behavioral health agency

Call Today!
360.261.6930
www.cihealthservices.com

Community Integrated Health Services (CIHS) is open to serve you out of 10 locations in our five-county service area (Cowlitz, Grays Harbor, Lewis, Pacific, and Wahkiakum). CIHS provides in-office and community-based behavioral health services.



OUR SERVICES ARE AVAILABLE IN-PERSON, VIDEO, OR BY PHONE.

CIHS provides in-person services whenever possible. We also offer Telehealth services (video and phone) to individuals covered by Medicaid for mental health, substance use treatment, and assessments.

CIHS provides behavioral health services at the following locations:

COWLITZ:

1116 14th Ave
Longview, WA

1128 Broadway St
Longview, WA

GRAYS HARBOR:

618 W Market St
Aberdeen, WA

110 W Market St STE 205
Aberdeen, WA

LEWIS:

1707 Cooks Hill Rd
Centralia, WA

1616 S Gold St STE 4
Centralia, WA

1720 S Gold Street
Centralia, WA

PACIFIC:

335 Third St
Raymond, WA

152 First Ave N
Ilwaco, WA

WAHKIAKUM:

427 Columbia Street
Cathlamet, WA 98612

360.261.6930

www.cihealthservices.com

Our Programs

General Outpatient Services *(available in all five counties)*

- * Services for adults, children, and families in need of behavioral health support

Flexible Assertive Community Treatment (FACT) *(available in Cowlitz, Grays Harbor, & Lewis Counties)*

- * FACT provides 24/7 and after-hours services for people with mental health needs and a history of multiple visits to an ED, inpatient psychiatric hospitalizations, and/or contacts with law enforcement related to their behavioral health challenges.

Wraparound with Intensive Services (WISe) *(available in all five counties)*

- * WISe provides 24/7 and after-hours services in the home to support youth with intensive mental health needs and their families.

School-Based Services *(available in Cowlitz, Lewis, & Pacific Counties)*

- * By referral, in-person counseling provided in the school setting (or telehealth during pandemic lockdown).

Substance Abuse Program *(available in Cowlitz, Grays Harbor & Lewis Counties)*

- * SUD outpatient and intensive outpatient program provides SUD assessments and coordinates detox and residential inpatient placements. Services for adults and youth.

School-Threat Assessment Care Coordination (S-TACC) *(available in Cowlitz & Lewis Counties)*

- * Behavioral health monitoring of a child expelled from having made targeted threats of violence toward the school or community (services are provided in home or via telehealth).

Trueblood Jail Diversion *(available in all five counties)*

- * The Trueblood Jail Diversion team engages and assesses incarcerated individuals with mental health issues to assist them in setting up basic needs, meeting court requirements, and developing healthy practices in order to reduce recidivism.

Jail Transition *(available in Cowlitz, Grays Harbor, & Pacific Counties)*

- * Jail Transition works with arrested and incarcerated individuals needing behavioral health care, providing interim assessment and therapy, and helping them transition to a provider in the community.

Peer Bridgers *(available in all five counties)*

- * Provide lived-in support, guidance, and hope to those discharging from Western State Hospital.

EAP *(available in Cowlitz, Grays Harbor, & Lewis Counties)*

- * Our Employee Assistance Program provides up to 6 free confidential counseling sessions to help employees deal with family, work, and other life challenges. This is a contracted employer-paid program.

Intensive Residential Treatment (IRT) *(available in all five counties)*

- * IRT provides 24/7 and after-hours services for people who are discharging from Western State Hospital or residential mental health facilities and need assistance with transitioning to the community.

Worried about losing your home?

Funding and support is available

Call our hotline today at
1-877-894-4663

We speak over **200** languages!



No Citizenship Requirement

- ✓ You don't need to be a U.S. citizen to be eligible.
- ✓ We don't track citizen or immigration status for you or any member of your household.
- ✓ This help is free.

What can I expect?

Washington HAF connects you with a housing counselor within your area who provides **free** and **confidential** support. They can assist you with applying for funding and many other options to prevent foreclosure. Call the Hotline at **1-877-894-4663** for a no-cost assessment.

Beware of scams!

Don't pay anyone who offers to help you for a fee. Washington HAF is the only program authorized to distribute HAF funds in Washington state.



This program or project was supported, in whole or in part, by federal award number HAF0025 awarded to the Washington State Housing Finance Commission by the U.S. Department of the Treasury.

For more information visit:
WashingtonHAF.org



Scan Me

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Nikki Fortuna

Peace of Mind
President
(360) 642-3448

Have a program, coalition, or event you would like highlighted in the Prevention Newsletter? Please contact the Pacific County Health Department ASAP to get into the next newsletter in January, 2025!

Download/ View the
Newsletter

