

January-March 2024

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.

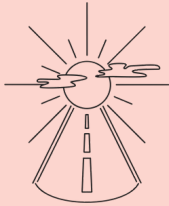
And remember, you didn't cause the violence. Please get help!

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

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.

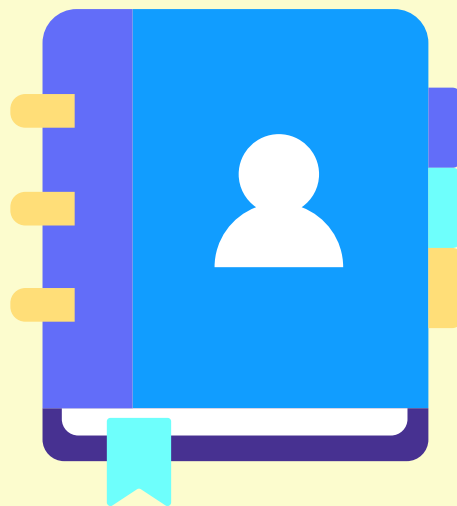
Valley View Health Center



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.



Aging in Place

Ocean Beach Hospital and Medical Clinics
Oct 10th

10/27 we hosted an “Aging in Place” workshop with Dr. Belknap and David Quigg from Harbor’s Home Health and Hospice in the Naselle and Ocean Park

communities. They provided teaching and engaged workshop attendees on steps they can take to Age Well and stay in their homes. Topics covered the importance of having a PCP, how to communicate with their provider, the value of palliative care and hospice, the difference between home aid and home health, POLST forms, and more. The feedback was great, they were so thankful for the information and surprised by what they learned.

Sugar on the Brain

Ocean Beach Hospital and Medical Clinics
Oct 24th

Since all our cooking classes have been so popular and nutrition is one of the most often requested topics on our community surveys, we've started offering more classes and topics every month. Andy Lakanen, RDN presented "Sugar on the Brain." His content was interesting and engaging, where we learned more about the science of addiction and practical tips for reducing sugar. Thank you Andrew Lakanen for sharing your passion and knowledge with the community!



PEER HELPERS
S.A.D.D.
PRESENTS

OCTOBER 23th-27th

RED RIBBON WEEK

Be Kind to Your Mind
Live Drug Free

EVENT DAYS

- 10/23/23-FOLLOW YOUR DREAMS-PJ DAY
- 10/24/23-DON'T GET MIXED UP WITH DRUGS- MIX MATCH DAY
- 10/25/23-TOO BRIGHT FOR DRUGS- NEON DAY
- 10/26/23-TEAM UP AGAINST DRUGS- SPORT DAY
- 10/27/23-DRUG FREE-RED SPIRIT DAY

WIN A GIFT CARD!
COLORING CONTEST
SUBMISSIONS DUE IN THE
MAIN OFFICE 10/27/23

Red Ribbon Week

Raymond High School, TAC
Oct. 23rd-27th

During the week of October 23-27 TAC promoted Red Ribbon Week at Raymond High School. Each day there was a different spirit theme, we played games, gave away prizes and took selfies with the polaroid selfie camera to make pledges for staying drug and alcohol free!

Harvest Festival

**TAC, Pacific County Events District
Oct. 27th-28th**

TAC also collaborated with the Pacific Events District to plan and organize the Harvest Festival. TAC handed out flashing safety lights and trick or treat bags to youth. We had over 800 people attend and participate in the Haunted Horse Barn, Trunk or Treat, and hay toss competition. We also partnered with the Regional Timberland Library to offer

bubbles and crafts to youth, Road 2 Resiliency had a coloring activity for youth and the Know and Grow Partnership for Early Learning provided a fun pumpkin decorating craft for youth.



RX Takeback

**TAC, R2R, PCHHS, Raymond Police, South Bend Police
Oct. 28th**

TAC partnered with Road 2 Resiliency in October for the National Prescription Drug Take Back Event and took

back over 17lbs of materials. Thank you to Abigail Bentley from the Health Department for manning the event and providing naloxone training to anyone who inquired. Thank you to officer Britany Stigall and Lucas Marthaller with the Raymond Police Department and Chief Stigall from South Bend Police Department for supporting our efforts.

National Apprenticeship Week

**Valleyview Medical Center
November 6th-10th**

Valley View Health Center celebrated National Apprenticeship Week the second-week full week of November.

A recent Raymond clinic graduate of the Medical Assistant apprenticeship program, Miriam Hernandez Nanjaro, CMA, shared her apprenticeship experience through the InReach Pathways Website:

"I am a proud daughter of immigrant workers. Coming from a Hispanic household, I learned to help my parents as much as I could. I thought my purpose in life was to help the Hispanic community by interpreting. I had been doing this for my parents for as long as I can remember. I came to VVHC with this goal in mind. I later learned that VVHC offered an apprenticeship program to become an MA. Today, I can proudly say that I am grateful for this program and for giving people the chance to grow in our fields. I know my new purpose in life is to help the Hispanic community understand their health. I would like to thank everyone who made this program possible. I will say it was not easy. I did doubt myself many times. Mainly because I feared drawing blood, but I have found this is one of my strongest points as an MA. I still learn new things every day, and that is the exciting part of my job. I have been able to build a family here in my clinic and help those newcomers become great MAs. When I think of my transition from medical receptionist to MA, I would say it was easy. My team was great during my switch, and if it weren't for them, I wouldn't have learned all that I did. It was definitely a big change, but I 100% recommend this program to further yourself in your career."

To learn more about Health Care Apprenticeship Programs in Washington, visit: Sources of Strength is a best practice youth suicide prevention project that utilizes the power of peer social networks to change unhealthy norms and culture and ultimately prevent suicide, bullying and substance abuse. The program is designed to prevent suicide by increasing help seeking behaviors and connections between peers and caring adults with a focus on Hope, Help and Strength. Sources of Strength takes a different approach in youth suicide prevention by moving beyond a singular focus on risk factors through building multiple sources of support around young individuals so that when times get hard they have strengths to rely on. A partnership between the health department, TAC, Raymond, South Bend, and Valley school districts created successful events. Lunches were provided for the students and the schools spent one day each with the Adult Advisors and National trainer for a Peer Leader training.

Valley View Health Center currently offers apprenticeship and trainee opportunities as a Medical Assistant, Dental Assistant, and Pharmacy Technician. If you are interested in one of these programs, please reach out to HR@vvhc.org for more information about upcoming opportunities.

Sources of Strength

Sources of Strength, Pacific County Health Dept., TAC, Raymond School, Willapa Valley School, South Bend School

November 27th- December 6th

Pacific County Health Department brought a program called Sources of Strength to the north county schools.



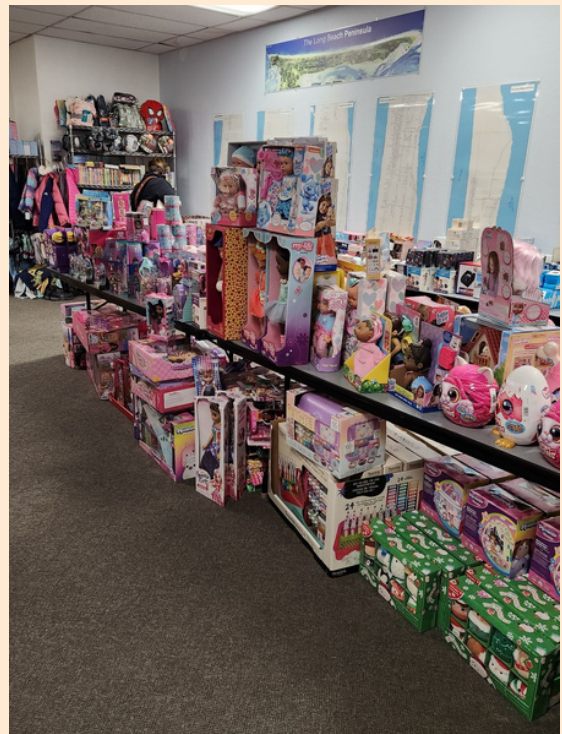
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Toys for Peninsula Kids

**Pacific County Fire District #1
December 16th**

Toys for Peninsula Kids was held at the Ocean Park Fire Station. The event opened at 6 AM, with some attendees waiting in line as early as midnight. This Christmas, a total of 569 children received gifts under the tree, courtesy of our event. Parents had the chance to shop for their children at our specially arranged toy store located in the community room. It's worth noting that every toy came from donations to our program from our wonderful community. What an amazing event to make sure every kid had something waiting under their Christmas tree! A HUGE thank you to all of the volunteers that made this event possible and so special!





Balance Prevention Program



Shoebboxes of Joy



Naselle Caregiver Support Group

Ocean Beach Hospital Events

Ocean Beach Hospital October-December

Ocean Beach Hospital held many wonderful events over the past 3 months. All focused on healthy habits and giving to the community. Here is a recap:

- We held our 6-month assessment for our Balance Prevention Program with the Wellness Center. Every single participant in that program made progress in a key area such as gait, mobility, or function.
- OBHMC participated in Shoebboxes of Joy, both collecting gift items for people in our community who are isolated and in need, and assisting in gift wrapping boxes.
- We had a small Christmas celebration with our Naselle Caregiver Support Group where one of our nurses with a gift for crafts (Sara Croy) handmade ornaments for the participants.

Thank you, Ocean Beach Hospital, for your continued support and care of our community!

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: knowandgrowpacifitco@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 October-December newsletter.

<https://www.pacificcountycovid19.com>



October-December 2023

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- Health Inequity
- Youth Cannabis

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988 24/7 Crisis & Support

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Pacific County Public Health and Human Services



Peace of Mind has been busy the past few months; Koffee Hour has had several guest speakers covering nutrition, the aging brain and strategies for preventing falls, the Men's Peer Support Group is going strong, and Art for a Healthy Mind and Music and Movement for a Healthy Mind have been well attended.

We are deep in the planning stages for all of our May Awareness Events, including our Annual Wellness Walk featuring the

Mega Brain (an inflatable brain you can walk through), Rock for Mental Health (painted rocks with partner Timberland Libraries), Dine Out for Mental Health at local restaurants, and our fundraiser Hope Floats 2. Look for our float in the LB Loyalty Days Parade too! For more information, see our FB page, our website www.pompc.org or call (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. All that attend over the age of 7 years old can receive a \$15 gift card after filling out a survey that will be sent out after the meeting. The meeting happens the 1st Thursday of the month at 4:00 p.m. – 5:00 p.m.

<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.

Lifeline and 988

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 COVID-19 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/>



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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/>

Apple Health & the End of the Public Health Emergency

During the COVID-19 public health emergency (PHE), the Health Care Authority (HCA) and the Department of Social and Health Services (DSHS) extended coverage for all Apple Health (Medicaid) clients. This extension ended on March 31, 2023, due to the Consolidated Appropriation Act, 2023.

What Does This Mean for Individuals and Families with Apple Health?

HCA and DSHS resumed normal operations April 1, 2023. Individuals who have coverage through Apple Health should be receiving a renewal notice prior to the end of their renewal period between April 2023 and February 2024. Some individuals may have received 90-day extension in May, so June will be the first month that individuals will not receive extensions and potentially lose coverage.

How were Medicaid (Apple Health) Clients Notified?

- HCA and MCO plans are sending out letters and postcards requesting they update contact information and renew their coverage.
- HCA and MCO plans purchased radio and streaming service ads to inform impacted members.
- VVHC has been providing this information by:
 - Sharing the attached postcard at Community Events, at the Front Desk, in our Pharmacy Rx Bags, and with our Community Partners.
 - Reaching out to patients who we know are going to lose coverage soon.
 - Posting information to our website and Facebook page.

What Happens if an Individual Does Not Renew by their Renewal Date?

- They may lose their coverage.

How Can You Help?

- Encourage your friends, family members and clients with Apple Health to update their contact information with their MCO plan or with the HCA.
 - If they don't know their renewal date, encourage them to contact their MCO plan or contact HCA's Medical Assistance Customer Service Center at 800-562-3022.
 - If their renewal date has passed, encourage them to contact us to schedule an appointment with enrollment at 360-330-9595. These appointments can be scheduled to

be by phone if in Pacific County (or in person at our Chehalis Office).

MCO plan contact information:

- Amerigroup 800-600-4441
- Community Health Plan of Washington 800-440-1561
- Coordinated Care 877-644-4613
- Molina 800-869-7165
- United Health Care 877-542-8997

If you would like postcards to share at your organization, please email sfreeman@vvhc.org




Calendar for January 2024 (United States)

January						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>Happy New Year 2024</i>	2	3	4	5	6
7	8	Diabetes Prevention Program	10	11	12	13
14	 TAC General Meeting @ 3:30	16	17	18	19	20
21	22	OBH Bariatric Support Group @ 11	24	25	26	27
28	29	30	Mental Health Awareness Day			
Phases of the Moon: 3:🌑 11:🌑 17:🌑 25:🌑						
Holidays and Observances: 1: New Year's Day, 15: Martin Luther King Jr. Day						

Calendar for February 2024 (United States)

February						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	Youth Mental Health First Aid Training	8	9	10
11	TAC General Meeting @ 3:30	13	<i>Valentine's Day</i>	15	World Random Acts of Kindness Day	17
18		20	21	22	23	24
25	26	OBH Bariatric Support Group @ 11	28	CADCA National Leadership Forum		
Phases of the Moon: 2:🌑 9:🌑 16:🌑 24:🌑						
Holidays and Observances: 14: Valentine's Day, 19: Presidents' Day						

Calendar for March 2024 (United States)

March						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					CADCA National Leadership Forum	2
3	4	5	6	7	8	9
10	TAC General Meeting @ 3:30	12	13	14	15	16
Happy St. Patrick's Day		 March 18th-22nd				23
24	25	OBH Bariatric Support Group @ 11	27	28	29	30
Happy Easter						
Phases of the Moon: 3:☾ 10:● 17:☽ 25:☾						
Holidays and Observances: 17: St. Patrick's Day, 31: Easter Sunday						

Upcoming Events

Diabetes Prevention Program Starting January 9th Ocean Beach Hospital	OBH is kicking off a Diabetes Prevention Program January 9th. The class is all about tools and accountability for healthy living and will run for a full year. Every participant who graduated from last year's cohort lost between 5-7% of their body weight! This has a significant impact on many health markers including heart diseases, diabetes, and even cancer.
Bariatric Support Group Every 4th Tuesday Ocean Beach Hospital	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.
Mental Health Awareness Day January 31st TAC, True North	TAC will be collaborating with True North to promote Mental Health Awareness day on January 31st 2024 in all three north Pacific County Schools
Youth Mental Health First Aid Training February 7th TAC	TAC is hosting a Youth Mental Health First Aid Training on Feb. 7th 2024. Please watch their social media for updates.

Safe and Sober Valentines February 14th TAC	TAC will be handing out Safe and Sober Valentine baggies at all three North Pacific County High Schools for Valentines Day 2024
World Random Acts of Kindness Day February 16th TAC, True North	TAC will be collaborating with True North to promote World Random Acts of Kindness Day on February 16th 2024 in all three North Pacific County Schools
CADCA National Leadership Forum February 29th, March 1st TAC	TAC staff and youth will be attending the CADCA National Leadership Forum on February 29th 2024 and March 1st 2024
National Drug and Alcohol Facts Week March 18th-22nd TAC	TAC will be planning and promoting activities and events at all three north Pacific County High Schools for National Drug and Alcohol Facts Week March 18-22 2024

Recurring Events/ Meetings

Community Awareness Dinner TBA Peace of Mind	Community Awareness Dinners are a community learning experience in collaboration with our various partners. Held once quarterly.	Music and Movement for a Healthy Mind 4th Wednesday Peace of Mind	4th Wed at Ocean Park Lutheran Church
TAC General Meeting @ 3:30 TAC	General Meetings are held the second Monday of every month at 3:30PM.	Weekly Wellness Walk 11 am Peace of Mind	11:00 a.m. Golden Sands Walking Path, Ocean Park
KC's Koffee Hour Wednesdays at 1pm Peace of Mind	Wed. 1:00 p.m. virtually on Zoom. See Facebook for link.	Bariatric Support Group Every 4th Tuesday Ocean Beach Hospital	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.
Art for a Healthy Mind 2nd Wednesdays at 1pm Peace of Mind	2nd Wed 1:00 p.m. at Ocean Park Lutheran Church	Bariatric Support Group Every 4th Tuesday Ocean Beach Hospital	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.
Men's Support 2nd and 4th Wednesdays at 5:15pm Peace of Mind	2nd and 4th Wed 5:15 p.m. Whalebone House Cottage, Ocean Park		

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!

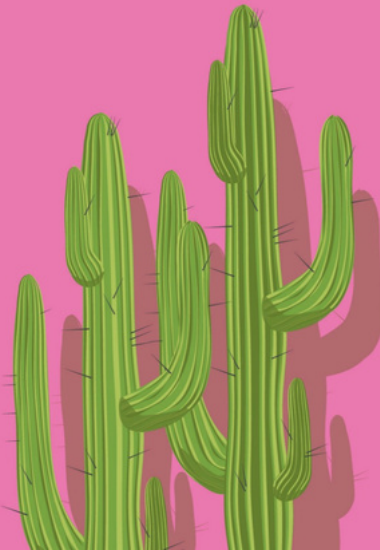


Wanting to quit smoking?

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

CELEBRATING 20 YEARS

WASHINGTON STATE QUITLINE



SECURE YOUR CANNABIS

NATURAL ≠ SAFE FOR KIDS

A cactus is natural, but not necessarily child-friendly. Same goes for cannabis.

Cannabis impacts a child's brain differently than an adult's.

SECURE YOUR CANNABIS

Learn more at bit.ly/secureyourcannabis

Most Washington teens are not using cannabis, yet 1 in 3 Washington State 10th graders in 2021 said cannabis was easy to get. To protect young minds you can know the Washington laws, start talking with youth about underage cannabis use and keep cannabis secure.

WINTERIZE Your Home



Your home isn't the only one that can be winterized.
Your neighbors and those most vulnerable might need your help too!

weather.gov



Winter can bring many different weather hazards. Be prepared in your home and outside.

weather.gov/safety/winter



Put Life Back in Your Life

Living Well with Chronic Health Issues

Free Workshop Series

It's All About You

- *If you have a chronic health condition or love someone who does, then this workshop is for you*
- *A research-based Chronic Disease Self-Management Program developed by Stanford University*

Through this program you will learn to:

- *Live with a chronic health condition*
- *More easily manage your medications*
- *Understand the benefits of exercise*
- *Make smarter decisions related to healthy eating*

Chronic health conditions may include, but are not limited to:

Arthritis, cancer, respiratory conditions, high blood pressure, chronic pain, diabetes, heart failure

***When: Tuesdays
1:00PM - 3:00PM
Starting Jan 2024***

***Where: OBHMC's
"Annex" Location***

***Call if interested,
once there are
3-6 people
registered, we will
start the next class
series!***



OCEAN BEACH
HOSPITAL
& MEDICAL CLINICS

Call 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.



Defensible Space

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**



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



HEALTHY LIVING WITH DIABETES!

**Come learn about how
diabetes self-management
can help you live a long,
healthy life.**

Do Well, Be Well Diabetes Classes
10:00AM - 12:00PM, Thursdays

4 week cohorts starting the first
week of every month!
OBH Diabetes Education Room

Classes are taught by a Certified
Diabetes Care and Education
Specialist

Call 360-642-6308 to learn more.
(reservations by referral only)



Ask your provider about a referral to OBHMC



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.

SAMHSA

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

Caller dials 988

If the caller presses "1" they are routed to the Veteran Crisis Line

If the caller does not press a prompt, they are routed to their local crisis center

ES

If the caller presses "2" they are routed to the Spanish sub-network

If the local center is unable to answer, the call is routed to our national backup network

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.

”

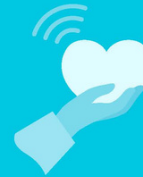


We'll play a little music while we connect the caller to a skilled, trained crisis counselor.

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.

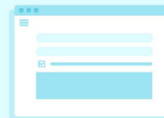


A trained crisis counselor at a local center will answer the phone.

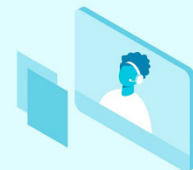
This person will listen to the caller, work to understand what the caller is experiencing, provide support, and collaborate with the caller on ways to feel better and connect with any needed help or resources.

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 and Wellness

Available Resources For Our Patrons

- Access to Internet
- Healthy Snacks
- Water/Coffee
- Board Games
- Connection to Resources

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.



25902 Vernon Ave. Ste. B
Ocean Park, WA 98960

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

Contact:
Andrew King at 360-214-8984 or
kinga@willapabh.org

Donations Are Always Welcome

Things we can use:

- Monetary donations
- Sugar
- Coffee/Coffee Creamer/Disposable Cups
- Healthy Snacks/Food
- Toothbrush/Paste & holder
- Laundry Mat Vouchers
- Bus Passes
- Underwear/Sweatpants & shirts/T-Shirts



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 Monday of the month
3:00 - 4:00
Ocean Park Public Library Community Room
Contact: 360-642-6330
rcassidy@oceanbeachhospital.com

The Caregiver support group meets the **first Monday 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](#)





*"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 (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

Coalition and Program Contacts

Jessica Verboomen

PCHHD
Behavioral Health Program Manager
(360)875-9343
ext. 2638
jverboomen@co.pacific.wa.us

Alexis Hood

Early Learning Center
Home Visitor/ Parent
Engagement Specialist
ahood@southbendschools.org

Abigail Bentley

PCHHD
Health Educator
(360)642-9349
ext. 2626
abentley@co.pacific.wa.us

Carole Chase

Wellspring Community Network
Coordinator
(360) 642-9349
ex. 2640
cchase@co.pacific.wa.us

Emily Singharath

PCHHD
Public Health Educator
(360) 875-9343
ext. 2643
esingharath@co.pacific.wa.us

Paul Karnatz

Teen Advocacy Coalition
Coordinator
360-984-4199
pacificcountytac@gmail.com

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 April, 2024!

Download/ View the Newsletter

