

October-December 2022



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
- COVID-19



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 and Coalitions

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.

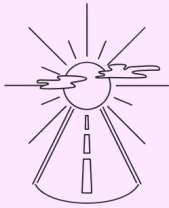
And remember, you didn't cause the violence. Please get help!

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. TAC formally began in 2010 as a small, grassroots effort initiated by a few concerned parents and service providers. The mission was to coordinate efforts to address youth substance use and to promote good mental health. A survey of 7th-12th graders in the three local school districts identified the primary issues as alcohol, tobacco, and marijuana.

TAC supports teen peer helper programs in the three school districts, bringing teens together. Extensive training is provided so these teens can serve as advocates and resources for their peers. TAC also funds school and community based prevention consultants which provides a law enforcement officer in each school district to increase enforcement of laws/policies relating to alcohol, tobacco, and other drugs. The officers engage students to provide education, support, and offer available resources.

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.



EVENTS

August and September 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 couple of months.

Pacific County Fair

PCHHD

August 24th-27th, 2022

Pacific County Public Health and Human Services (PCHHD) participated in the 2022 Pacific County Fair this year! Items available at the table included: COVID At-Home tests and fact sheets, masks, 988 Crisis Line wallet cards, Tobacco Quitline flyers, Narcan brochures, WIC informational sheets, and WetWipes. While there may not have been anyone actively at the table, staff ensured that all resources were well stocked every day.

Pacific County Health Department fair table (right)





Wacky Putt-Putt

Wellspring
August 25th, 2022

On August 25, Wellspring held their annual Wacky Putt-Putt Golf Tournament at the Fun Beach Fun Center in Long Beach. This year's theme was "Under the Sea," and teams were encouraged to dress in costumes. The event was extremely well attended, and they raised funds to help support their annual Mini-Grant program.

Teams were encouraged to dress up according to the theme!

A trophy and basket of goodies was also awarded for the best golf score. What fun!

In October, Wellspring will be releasing applications for their annual Mini-Grant program. The program awards seed funds to local agencies/organizations/clubs that support youth and family-centered activities, or programs that grow community wellness. In the past, they have awarded funds to programs such as Coats for Kids, Pack 2 School, Boy Scouts, and many more. All who have activities benefitting community wellness are encouraged to apply!



Pack2School

PCHHD
August 26th, 2022

Pacific County Public Health and Human Services (PCHHD) made an appearance at the Pack2School event at the Peninsula Baptist Church. Shelly Lev (left) and Abigail Bentley (right) provided various health items, including dental supplies for children, Narcan kits (13 boxes given out), Starts with One campaign items, and family planning clinic information.

Shelly Lev (left), fire dog, and Abigail Bentley (right) at the Pack2School event.



International Overdose Awareness Day

PCHHD
August 31st, 2022

August 31st is International Overdose Awareness Day. To celebrate and bring awareness, Pacific County Public Health and Human Services (PCHHD)'s Abigail Bentley along with Jessica Verboomen, Carole Chase, and Dawn Wright provided Narcan to the public in North and South county. So many kits were passed out that South county ran out of Narcan before the end of the event! The rest of the day, however, was able to proceed as planned with a Walk of Remembrance at the Port of Ilwaco and the creation of a Remembrance quilt.

Abigail reported, "We had 22 people total throughout the evening. In between the craft and the walk, we had a time to share tributes to those we've lost to overdose, and people were really open with that. We had two people talk about how Narcan saved THEIR lives, which was really cool. At the end of the walk, an attendee asked to lead us in an Indigenous chant/prayer which was very powerful." Sounds like the event was a smashing success! Big thank you to our Behavioral Health team for working to bring awareness to the community!

If you or someone you know is looking for Naloxone to keep on your person, please call either the North or South County Health department. You can also order a kit to be shipped to your home here:

<https://docs.google.com/.../1FAIpQLSd4Wut2Ai5.../viewform...>

Please note- there may be a delay in receiving your kit due to supply chain issues.



Dawn Wright (left) and Abigail Bentley (right) handing out free Narcan in South Bend.



A piece of the Remembrance Quilt that reads "You are whole just as you are"



The beginning of the race was marked with the throwing of color.

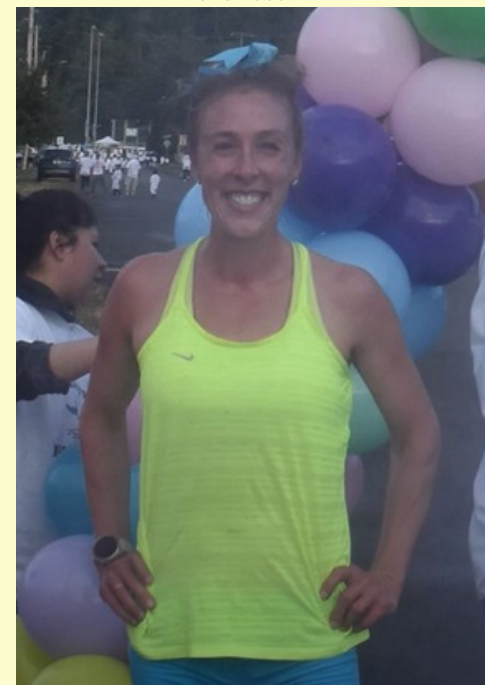


This year's t-shirt design was created by Alexis Hood.

4th Annual Sources of Strength Mythical Sea Creatures 5k Color Fun Run/Walk

**Teen Advocacy Coalition (TAC)
September 3rd, 2022**

September 3rd marked the 4th annual 5k Color Fun Run/Walk provided by the Teen Advocacy Coalition (TAC). This year's theme was Mythical Sea Creatures with the main mascot being an adorable narwhale! Throughout the run, there were stations set up with different colors to be thrown on participants. By the end, you were covered in color. The event was well attended and a great success again! Thank you, TAC, for providing a fun way to get the community active!



First to finish the Color Run with a time of 18:59!

What is Sources of Strength? SOURCES OF STRENGTH's mission is to prevent suicide by increasing help seeking behaviors and promoting connections between peers and caring adults.

Meeting Announcement



TAC is always looking for new members! Our General Meetings are held the second Monday of every month at 3:30PM. Our next meeting is October 3rd (One week earlier in observance of Indigenous Peoples Day.)

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 coming soon!



Calendar for October 2022 (United States)

October						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	TAC General Meeting @ 3:30	4	5	6	7	8
9	Indigenous Peoples Day 	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27		
30	HAPPY HALLOWEEN 					

Phases of the Moon: 2: 🌑 9: 🌒 17: 🌓 25: 🌔

Holidays and Observances: 10: Columbus Day, 31: Halloween

Calendar for November 2022 (United States)

November						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10		12
13	14	15	16	17	18	19
20	21	22	23			26
27	28	29	30			

Phases of the Moon: 1: 🌑 8: 🌒 16: 🌓 23: 🌔 30: 🌕

Holidays and Observances: 8: Election Day, 11: Veterans Day, 24: Thanksgiving Day, 25: Black Friday

Calendar for December 2022 (United States)

December						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6		8	9	10
11	12	13	14	15	16	17
	19	20	1st Day of Winter  Blue Christmas Service @ 5:00 	22	23	24
	26	27	28	29	30	
Phases of the Moon: 7:☉ 16:☾ 23:● 29:☾						
Holidays and Observances: 24: Christmas Eve, 25: Christmas Day, 26: 'Christmas Day' day off, 31: New Year's Eve						

Upcoming Events

<p>Adventure Day Fall- Date TBA Wellspring</p>	<p>Adventure Day planning is underway for this fall. Adventure Day is a low-ropes course for all of our county sixth graders, and encourages teamwork, builds trust and confidence, problem solving, and is just an all-around fun time! We have been on a two-year hiatus due to Covid and are excited to be able to hold this again.</p>
<p>RX Drug Takeback Event October 29 from 10am-2pm TAC</p>	<p>National Rx Drug Take Back Event- will have a table and collections bins set up in front of Pioneer Grocery 1 St W & Willapa Ave, South Bend, WA 98586 Saturday, October 29th from 10am-2pm</p>
<p>Harvest Festival October 28 from 5pm-9pm and October 29 from 1pm-8pm TAC</p>	<p>TAC is partnering with the Pacific Events District to host the 2nd Annual Harvest Festival and Haunted Horse Barn at the Pacific County Fair Grounds. Included at the festival will be a Haunted House Barn at Dark, the 3rd annual Trunk or Treat on Saturday, crafts, food, vendors, face painting, and more! Friday, October 28th 5-9PM and Saturday, October 29th 1-8PM</p>
<p>Annual Holiday Party Date-TBA TAC</p>	<p>We will also be having our Annual Holiday Party in December- Date is TBD.</p>

Annual Blue Christmas Service

December 21st at 5pm

Peace of Mind and Ocean Park Lutheran Church

The Blue Christmas Service with partner Ocean Park Lutheran Church is held annually. This is a special service for those who find the holidays difficult. We are here for you!

Recurring Events/ Meetings

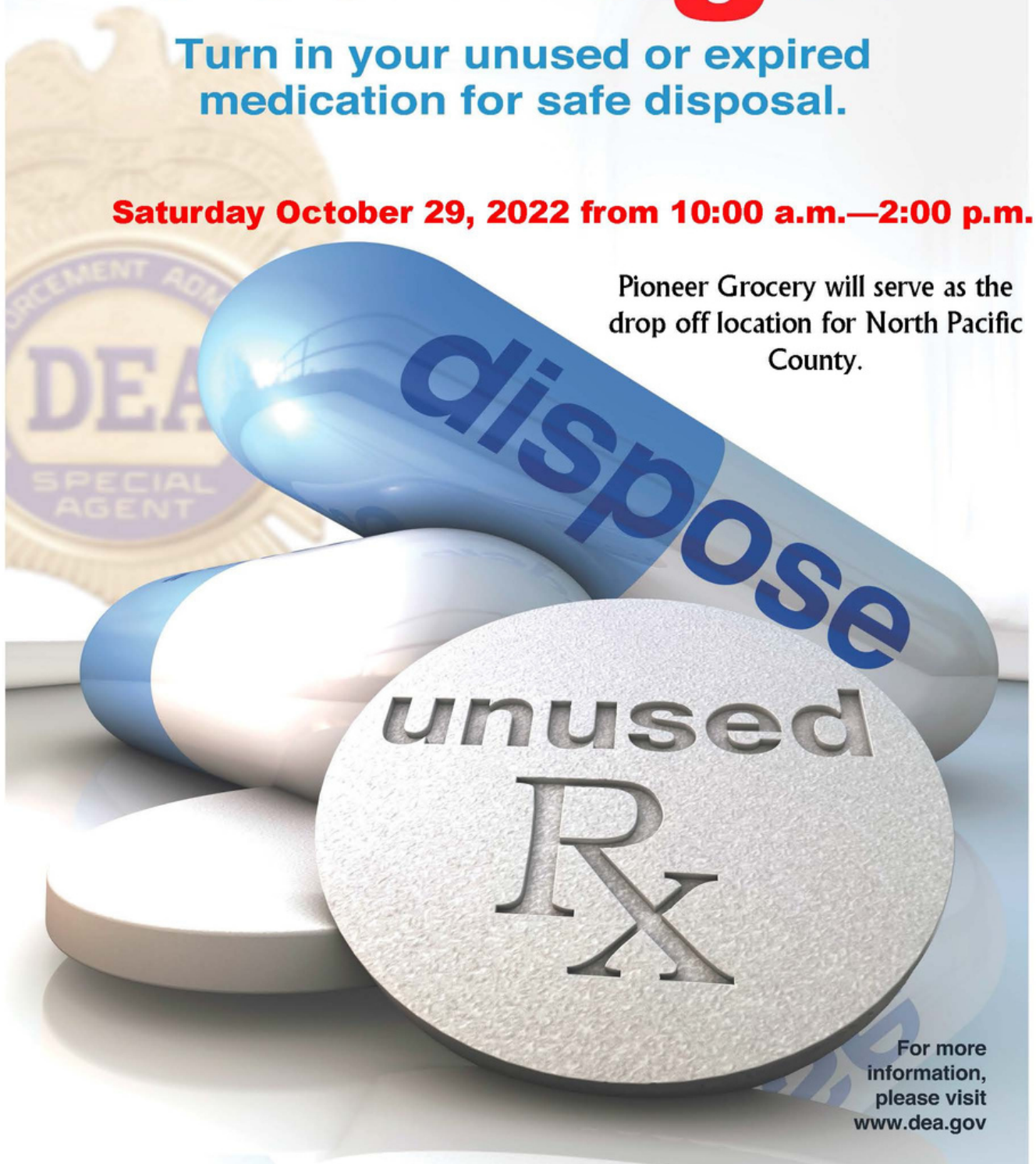
Community Awareness Dinner December 5th Peace of Mind	Community Awareness Dinners are a community learning experience in collaboration with our various partners. Held once quarterly.	Music and Movement for a Healthy Mind 4th Wednesday Peace of Mind	4th Wed at Ocean Park Lutheran Church
TAC General Meeting @ 3:30 TAC	General Meetings are held the second Monday of every month at 3:30PM. Our next meeting is October 3rd (One week earlier in observance of Indigenous Peoples Day.)	Weekly Wellness Walk 11 am Peace of Mind	11:00 a.m. Golden Sands Walking Path, Ocean Park
KC's Koffee Hour 1st and 3rd Wednesday at 1pm Peace of Mind	1st and 3rd Wed. 1:00 p.m. at Ocean Park Lutheran Church		
Art for a Healthy Mind 2nd Wednesdays at 1pm Peace of Mind	2nd Wed 1:00 p.m. at Ocean Park Lutheran Church		
Youth Art for a Healthy Mind Peace of Mind	In collaboration with Dylan Jude Harrell Community Center		
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		

Got **Drugs?**

Turn in your unused or expired medication for safe disposal.

Saturday October 29, 2022 from 10:00 a.m.—2:00 p.m.

Pioneer Grocery will serve as the drop off location for North Pacific County.



For more information, please visit www.dea.gov

JOIN US FOR OUR ANNUAL
PACIFIC EVENTS DISTRICT

HARVEST FESTIVAL



FEATURING OUR 3RD TRUNK OR TREAT

FRIDAY OCT. 28 | 5-9PM

HAUNTED HORSE BARN @ DARK

SATURDAY OCT. 29 | 1-8PM

TRUNK OR TREAT 4:30PM

PACIFIC COUNTY FAIRGROUNDS

Crafts • Food • Vendors • Face Painting • And More

For more information or question, call us @ 360.590.2401



FREE Workshop

Manage your Chronic Health Condition

Lessen stress and frustration, manage symptoms, and deal with fatigue

Call 360-642-6308 to register

What to Expect

- A lively, fun, research-based 2 hour session that meets for 6 consecutive weeks
- Meet and gain support from others who have similar health conditions

When:

Mondays, Oct 10 – Nov 14
(meets weekly for 6 weeks)

3:00 – 5:00 PM

Where:

Ocean Beach Hospital
Education Conference Room
174 1st Ave N
Ilwaco, WA

For more information or to register, call us at 360-642-6308

It's All About You

- A free six-week workshop
- 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 (CDSMP) developed by Stanford University

Through this program you will learn to:

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

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

- Arthritis
- High Blood Pressure
- Cancer
- Diabetes
- Respiratory Conditions
- Heart Disease



OCEAN BEACH
HOSPITAL
& MEDICAL CLINICS

Ocean Beach Rehab Department Presents



COUCH CRUSHERS

*A one-hour course
for staying fit even when sedentary*

Nov 2nd, 2022 | 2:00PM – 3:00PM
At the Peninsula Senior Activity Center
21603 O Lane Ocean Park

Drop in or call us at 360-642-6308 for more information



For anyone who finds it challenging (for whatever reason!) to get up and move but still wants to build or maintain good health. Expect a lively and interactive training session with practical tips and exercises you can do ... from your couch!



2022 Annual *Blue Christmas Service*

Wednesday, December 21st, 5 :00p.m.

Live: Ocean Park Lutheran Church

Live streaming: <https://oceanparklutheran.org/>

Cocoa and cookies immediately following.

To arrange for transportation,
home participation packages,
or further information,
please call or email the following:

Jan Worrell 360.244.1882

info@pompc.org

office@oceanparklutheran.org

**Quit today for a
better tomorrow!**



*Quit today for
a better
tomorrow! Visit
Quitline.com,
text **READY** to
200-400, or
call 1-800-
QUIT-NOW.*

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Download/ View the
Newsletter

Have a program, coalition, or event you would like highlighted in the Prevention Newsletter? Please contact the Pacific County Health Department to get into the next newsletter in January, 2023!

