



January- March 2023



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
- 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 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.

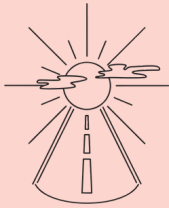
And remember, you didn't cause the violence. Please get help!

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.

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.

Does your program/ business work around prevention efforts? You could be featured in the Prevention Newsletter! Contact the Pacific County Public Health and Human Services Department to submit your information for the next newsletter.





EVENTS

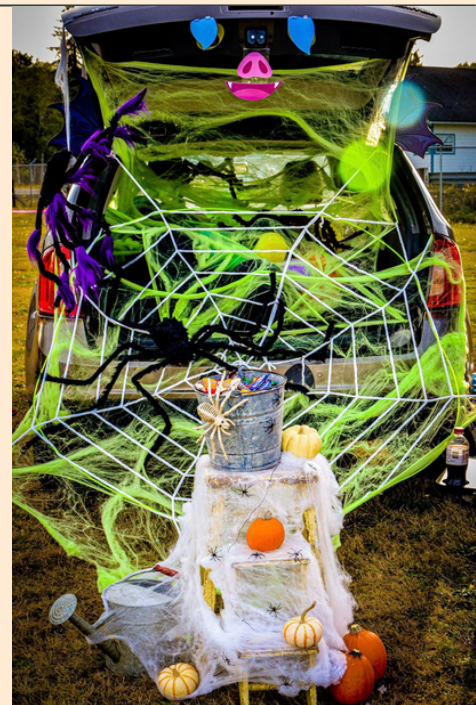
October – December Events Snap Shots

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.

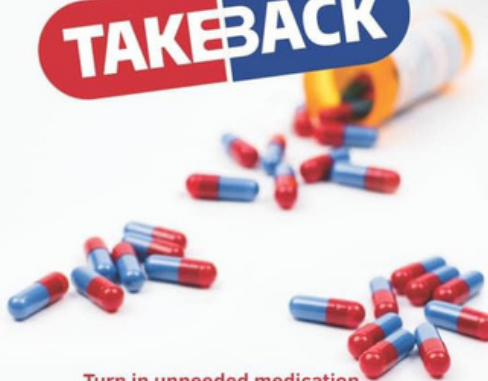
Harvest Festival

Teen Advocacy Coalition
October 28th-29th, 2022

Another year, another spooky season full of fun! Teen Advocacy Coalition partnered with Pacific County Events to put on another Harvest Festival paired with Trunk or Treat. Friday night proved to be the spookiest night with a Haunted Horse Barn. One side of the barn was prepped for the younger kids while another side was decked out for the big thrill seekers. Saturday, Trunk or Treat was the main event with many community volunteers decorating their cars and handing out candy to trick or treaters. Throughout both days, there were also food and beverages available from local businesses. The event was a big hit!



DEA NATIONAL Rx TAKEBACK



Turn in unneeded medication
for safe disposal.

Saturday, October 29
10 a.m. – 2 p.m.

Keep them safe. Clean them out. Take them back.
Visit DEATakeBack.com for a collection site near you.

Rx Takeback

Wellspring and TAC

October 29th, 2022

On the north end of the county, TAC hosted a table outside of Pioneer Grocery on National Rx Take Back Day which was Saturday October 29th from 10AM to 2PM. 2 Law enforcement officers from South Bend as well as Raymond were on site for the entire event as well as 2-3 TAC volunteers at the table. When all was said and done, 8lbs of prescriptions were collected.

Mackenzie Spoor from Road to Resiliency, Jennifer Mitchell from Crisis Support Network, Bethany Barnard from PCVU, Paul Karnatz

from TAC and Sandra Moser from the Kiwanis Club all volunteered. Thank you all for your hard work at this event!

TAC Fall Activities and Collaborations

Teen Advocacy Coalition November 26th, 2022

During this last fall, TAC participated with local schools and businesses to provide fun activities for families. On November 26th, TAC sponsored free admission, drinks and snacks at Raymond Theatre. This was in lieu of their annual holiday party due to limited capacity. They also collaborated with each of the three local schools to put together a list of healthy family activities and a family craft to go home with students for the holiday break.

In terms of internal development for TAC, they held Board Nominations and elections and have started a new year with a new Board of Directors. Thank you, TAC, for all of your hard work in this community!

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

THEATRE

Holiday Events

11/26 - The Grinch (FREE sponsored by PED)

**1 FREE POPCORN
AND BEVERAGE
NOVEMBER 26TH**

Sponsored by Teen Advocacy Coalition

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: knowandgrowpacifcco@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 2022

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988 24/7 Crisis & Support

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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!





Calendar for January 2023 (United States)

January						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
 1	2	3	4	5	6	7
8	TAC General Meeting @ 3:30	10	11	12	13	14
15	 Know and Grow General Meeting @ 2:30	17	18	19	20	21
22	23	24	25	Project Community Connect-South County	Project Community Connect-North County	28
29	30	31				

Phases of the Moon: 6:○ 14:◐ 21:● 28:◑

Holidays and Observances: 1: New Year's Day, 2: 'New Year's Day' day off, 16: Martin Luther King Jr. Day


Calendar for February 2023 (United States)

February						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	TAC General Meeting @ 3:30		15	16	17	18
19	 Know and Grow General Meeting @ 2:30	21	22	23	24	25
26	27	28				

Phases of the Moon: 5:○ 13:◐ 20:● 27:◑

Holidays and Observances: 14: Valentine's Day, 20: Presidents' Day

Calendar for March 2023 (United States)

March						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16		18
19	Know and Grow General Meeting @ 2:30	21	22	23	24	25
26	27	28	29	30	31	

Phases of the Moon: 7:○ 14:● 21:● 28:●

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

Upcoming Events

PIT Count/Project Community Connect South County -Jan 26th 9am-4pm PCHD	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). The event is held at the Long Beach Elks.
PIT Count/Project Community Connect North County -Jan 27th 9am-4pm PCHD	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). The event is held at the Raymond Elks.

Recurring Events/ Meetings

<p>Community Awareness Dinner TBA <i>Peace of Mind</i></p>	<p>Community Awareness Dinners are a community learning experience in collaboration with our various partners. Held once quarterly.</p>	<p>Music and Movement for a Healthy Mind 4th Wednesday <i>Peace of Mind</i></p>	<p>4th Wed at Ocean Park Lutheran Church</p>
<p>TAC General Meeting @ 3:30 <i>TAC</i></p>	<p>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.)</p>	<p>Weekly Wellness Walk 11 am <i>Peace of Mind</i></p>	<p>11:00 a.m. Golden Sands Walking Path, Ocean Park</p>
<p>KC's Koffee Hour 1st and 3rd Wednesday at 1pm <i>Peace of Mind</i></p>	<p>1st and 3rd Wed. 1:00 p.m. at Ocean Park Lutheran Church</p>		
<p>Art for a Healthy Mind 2nd Wednesdays at 1pm <i>Peace of Mind</i></p>	<p>2nd Wed 1:00 p.m. at Ocean Park Lutheran Church</p>		
<p>Youth Art for a Healthy Mind <i>Peace of Mind</i></p>	<p>In collaboration with Dylan Jude Harrell Community Center</p>		
<p>Men's Support 2nd and 4th Wednesdays at 5:15pm <i>Peace of Mind</i></p>	<p>2nd and 4th Wed 5:15 p.m. Whalebone House Cottage, Ocean Park</p>		

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.



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
Jan 5, 12, 19, 26
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





*"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*

Put Life Back in Your Life



Living Well With Chronic Health Issues

FREE Self-Management Workshop

Where: Peninsula Senior Center 21603 O Lane, Ocean Park, WA

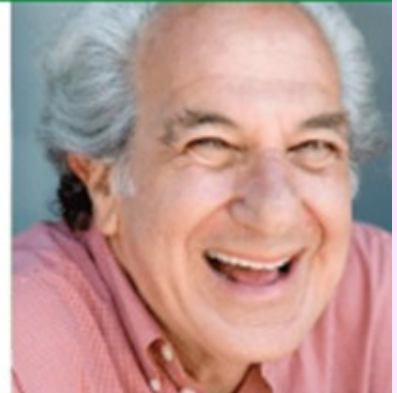
When: Mondays starting Jan 23, from 1:00 - 3:00

The workshop is a 6-week time commitment



For more information call
Molly Reed, OBHMC Outreach

360-642-6308





**Ocean Beach Hospital
and Medical Clinics Presents:**

WEIGH-IN 2023



Are you ready to change your life?

Learn how to eat healthy, be active, and manage stress to **LOSE WIEGHT** and prevent disease with the **FREE year-long program!** Find the support you need here to take the plunge and weigh in!

LOSE WIEGHT, WIN BIG!

YOU could WIN prizes in merchandise and gift cards for meeting program goals

Welcome Session Tuesday, Jan 17

10:00 - 11:00 AM

Ocean Beach Hospital Education room

For more information, call Molly at 360-642-6308

<https://www.eventbrite.com/e/weigh-in-2023-tickets->

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!



Quit tobacco today for a better tomorrow!

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

Coalition and Program Contacts

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Alexis Hood

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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 ASAP to get into the next newsletter in April, 2023!