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SOBERING UNIT

Lifeline is pleased to announce the opening of a Sobering Unit January 5th. The unit will be located on the first floor of the Clark County Community Health Building and offers the community, including hospitals, law enforcement and emergency personnel, a safe place to bring WA residents that are under the influences of substances for up to 12 hours. The goal is to provide coordinated care, relieve emergency departments and jails, and reduce public intoxication crimes. Services include 24 hour medical and support staff along with case management. To be admitted to the unit individuals must be 18 years of age, under the influence of drugs or alcohol and able to comply with the program rules. For more information contact soberingunit@lifelineconnections.org.

Board Highlight - Tom

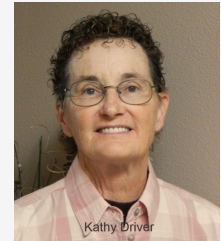
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Lifeline gave me my life back!

I was about 13 or 14 when I started to experiment with pills. At about 16, I started sipping alcoholic drinks at home when my parents had parties. I started to drink with my friends and discovered pot. After that, I found cocaine and pills.



In 1991, I moved from Miami, FL to Vancouver, WA. I needed to get away from people, places and things that were slowly killing me. I spent 10 months in treatment and stayed clean for several years. In the late 90's I had several surgeries and became addicted to pain pills and muscle relaxers. I started smoking pot again as well.

In October of 2011, I hit my bottom at a birthday party because I had mixed too many pills. I passed out for 2 days. Then we lost a family member to an overdose. It was at his service that a light bulb came on and I realized it could have been me.

I decided to seek treatment...again. In my search I found Lifeline. I begged them for a bed, calling every day until on 11/3/11 I was told they had space for me. I was given many helpful tools. I learned to look at life a whole different way, I was able to find the positive aspects of myself and I gained self esteem. I learned to control my reactions and my anger. For the first time I felt I was in control of my life. I was ready to start a new life and Lifeline guided me thru the fog.

Recovery has resulted in a 180 degree turnaround in my life. I have a service position in my home group. I have the respect of my family again. My home life is very happy. My partner and I are very close; we are able to have conversations instead of fighting. I volunteer with Habitat for Humanity. I give back as often as I can. I have a Higher Power in my life today. My life is filled with caring, sharing, and helping others. - Kathy Driver

Lifeline Connections featured on the front page of the Sunday, November 2, 2014 Oregonian

Lifeline and alumni member Jeana Perkins were featured in a very

Breitenbauch

Tom is employed as the Assistant Housing Director for Share ASPIRE where he helps those experiencing



homelessness overcome barriers and work towards self-sufficiency. Tom has a passion for his work and finds that helping others is therapeutic and rewarding. He graduated from Washington State University with a bachelor's degree in psychology and a minor in human development. He also has a degree in chemical dependency counseling from Clark College.

Tom enjoys spending time with his fiancé, their two dogs Harold and Sigmund, and his two adult sons of whom he is very proud. Leisure time finds Tom and his family enjoying the outdoors including camping, hiking, traveling, and gardening. When not involved with family Tom is volunteering. As a member of the recovery community and a graduate of Lifeline Connections, Tom understands what it takes to overcome barriers and the importance of advocacy and support. "I believe my experiences help me to understand others who face similar challenges."

Tom's commitment to advocacy and support includes serving on the Clark County Commissioners Substance Abuse Advisory Board (SAAB) and Hands Across the Bridge Project, where he serves as the corporate secretary. This work allows opportunities to advocate for those in recovery, work to educate the community on recovery related issues, and demonstrate that recovery is real. As a Board Member for Lifeline Connections he hopes to meet the

heartwarming story on the front page of the Sunday Oregonian November 2nd as a kick off to The Oregonians Season of Sharing. Lifeline is one of 15 Portland/Vancouver area non-profits selected for this year's campaign. The Season of Sharing shines a spotlight on nonprofit social service agencies that help individuals and families throughout Oregon and southwest Washington. Last year, 2,423 donors responded by contributing \$250,000. Since 1990, donors have contributed more than \$4 million to make a difference for those in need. This year, the money will be shared among the Oregon Food Bank and the agencies highlighted. A share of the proceeds will also help provide holiday stockings to needy children. Visit [Season of Sharing - Jeana Perkins](#) to view the full story. [Visit here to learn more about all featured agencies and/or make a donation.](#)



Lifeline Clinicians Present at Professional Conferences

Sue Gebhardt GMHS, CDP presented a full day seminar September 12th on Anger, Addiction and Recovery at the Education Center at Peacehealth SWMC. The approximately 50 attendees earned 6 continuing education units for participating. The audience included mental health and chemical dependency clinicians, probation officers, social work and counseling students, ministers, and crisis workers.



Juvenile Recovery Court counselors **Jimi Evans**, BSW and **Karyn Caterby**, MA, CDPT started off October by presenting at the State Adolescent Treatment-Enhancement and Dissemination conference on October 5th to approximately 30 other treatment providers from across the state, including representatives from Washington's Division of Behavioral Health and Recovery, using the Adolescent-Community Reinforcement Approach model and Global Assessment of Individual Needs.

The state Co-Occurring Disorders and Treatment Conference held in Yakima October 6th and 7th was their next stop where they presented to a mix of practitioners, advocates and treatment providers. Next the duo then presented at the Washington Drug Court Conference on October 17th to an audience of 20 that included mixed practitioners, Children's Administrative staff, probation officers, Judges and researchers.

Lifeline receives a new van from Firstenburg Foundation!

Thanks to the generosity of the Firstenburg Foundation Lifeline has a new 16 passenger van! The timing couldn't be better since the "old" van is in really bad shape. Lifeline staff and clients give a big shout out THANK YOU to Firstenburg!



needs of clients by promoting the exceptional treatment services that Lifeline provides.

First Annual Open House



Lifeline Alumni were featured speakers at the October 22nd open house. Six

alumni shared their stories of recovery. A highlight of the event was when a young boy (age 10) publicly shared his feelings of gratitude for Lifeline and the positive impact treatment had on both his mother and father. Aaron was really happy his parents were no longer involved with drugs and alcohol. The event drew approximately 75 attendees that included community partners, clients, alumni, as well as the general public.

Join Our List

[Join Our Mailing List!](#)

Lifeline residential unit gives back to the community

The residential unit held their annual food drive.

Clients and staff were divided into families. Family 1 was named the 'Can-a-Bowls' and family 2 was named "The Wolf Pack" to howl out hunger. Can-a-Bowls were the winners bringing in over 1,400 cans of food. The event brought in close to 2,000 cans of food in just one week. Enough to fill a pick up truck bed.



Can-a-Bowls chose to donate to a local charity The Angels of God. Pastor Gary, who has been feeding the hungry for many years, drives to different locations in the area and picks up donations in his truck. He has a trailer that he then goes to families in need and ensures them meals, toiletries and a whole lot of love.

Thank you to all who donated. Continued donations are encouraged. Contact Pastor Gary at 360-936-5197.

FIVE WAYS TO SUPPORT LIFELINE CONNECTIONS THIS SEASON AND ALL YEAR LONG

YOUR DONATION MAKES A DIFFERENCE!



Lifeline Connections - This last year has proven that healthcare reform doesn't cover all the costs of mental health and drug and alcohol treatment. Lifeline relies on the generosity of individuals and businesses in our community. Please consider making a contribution to support the more than 3,000 people who will come to Lifeline Connections in 2015? [Donate now!](#)



Fred Meyer - Help support Lifeline by signing up to have a portion of your purchase donated to Lifeline when you use your rewards card. Link your Fred Meyer Rewards Card to Lifeline Connections at [Community Rewards](#). You can search for us by our name or by our non-profit number **93084**. You still earn your Rewards Points, Fuel Points, and Rebates, just as you do today.



Amazon Smile - When you're planning to buy something on Amazon, start at [Amazon Smile](#). After you log in to the same account name you already have set up, they'll ask you to pick a nonprofit. Lifeline's name is already in their system, so just type it in!



Good Shop - Follow the links to your favorite stores, (often offering online discounts) and when you order a portion of your purchase price will be donated to Lifeline Connections. [This is a simple two step process and takes only minutes.](#)



Vehicle Donation - By donating your vehicle you will save yourself the hassle and expense of selling your vehicle. At the same time, you support Lifeline Connections. Lifeline receives 100% of the net proceeds. Pick up is free, a receipt is mailed within 24 hours, and you receive the highest possible tax deduction. [Visit charity-connections for details.](#)

Lifeline Connections Mission Statement

Through the use of superior customer service, high quality programs and a well trained and dedicated staff, our mission is to inspire hope and support life saving changes for people affected by substance use and mental health conditions.

Our Values

We take responsibility for the **quality** of the services we deliver... We will be the "Best in Class" in value and outcomes. Each of us is responsible for the quality of whatever we do.

We deliver **satisfaction** to both our internal and external customers...We believe in respecting our customer's needs, listening to their requests and exceeding their expectations.

We act with **integrity** in all that we do... We are each personally accountable for the highest standards of behavior, including honesty and fairness in all aspects of our work.

We **value** our people and treat one another with respect and take pride in the contributions that come from the diversity of individuals and ideas...

We regard our **Community Partners** as essential team members... We believe they deserve fair and equitable treatment, clear agreements and honest feedback. We consider our Community Partner's needs in conducting all aspects of our business.