

2017

Lifeline Connections  
hope. help. Healing.

Winter  
Newsletter

## Client Story | Colin Mallory

I have really good parents that provided a good home. My friends and I liked to do the extreme sports and were often looking for trouble. At the age of 13 alcohol was my first drug of choice with buddies around a camp fire. As a teenager, I always felt uncomfortable in social situations and at school I did not fit in. I found alcohol made me feel normal and be able to talk to others.

The summer after 8th grade at age 14, I started smoking weed. I started selling marijuana at 15. At 16 I was selling cocaine. I have a good business mind for sales, and I was selling to dealers and making quite a bit of money. That turned into me experimenting with other drugs. I remember how fast and how addicted I was to opiates. Oxy was my favorite. When I could no longer afford Oxy I began using heroin.

The first thing that put a halt on my heroin addiction was that I started to get clean on my own using Suboxone® off of the street. I could not afford heroin anymore, and I hated how sick I was getting. Suboxone® and Methadone were really cheap ways to treat my addiction. I loved Suboxone®! But I ended up going to jail and was in the drunk tank for 6 days. I did not sleep for 10 days. The cold turkey withdrawal from Suboxone® and alcohol was awful. Suboxone® was the worst withdrawal I have ever had. I got really serious about staying sober while in jail. I didn't have a plan for treatment except for AA. When I got out of jail and went



home, I found my family and friends were all there—where they proceeded with an informal intervention. They were surprised how willing I was. They thought I was going to fight them. At that point, I realized I was hurting them.

Even though I relapsed after completing inpatient at Lifeline Connections, the things I learned in inpatient opened the door to my recovery and opened the door to AA. I failed a ton of UAs (urinalysis drug screens). I tried

manipulating my counselors into not turning in my UAs to my probation officer. It ended up with me being in treatment longer than I had anticipated, and spending a lot more money than I anticipated. But Lifeline started the journey.

I have responsibilities now. I have my own place, I've saved money, and I have a job I like. Before now in my recovery, I was driving hard to make a lot of money. I'm finally at the point where I don't need to work six days a week. I got really out of touch with AA because of my working. I wasn't doing any service work or talking with my sponsor. It is better now that I've brought my life back into balance.

My relationship with my family is amazing. I have mended my relationships with both my sister and brother. My relationship with my parents is awesome; I go there and hang out with them. They are two of my best friends. I just like hanging out with them. Life is awesome. It is great being clean and sober and being part of AA.



## Program Highlight - New Director | Philip Muir

Philip Muir, BS, CDP, NCAC joined the Lifeline Connections Management Team on October 17, 2016 as the Substance Use Disorder Residential Program Director. Phil's most recent experience was with Western Psychological Services where he worked in outpatient services. His over 30 years of experience includes work with adolescents and adults in corrections, residential and outpatient programs.

Phil has a Bachelor of Science in Psychology, Bachelor of Arts in Human Behavior Studies, two years of studies in Marriage and Family Therapy, and he completed two years of study toward a Doctorate in Psychology. He is a firm believer in client-centered therapy and personal empowerment. Phil looks forward to enhancing his experience in a new and challenging environment. He is married with four grown children and five grandchildren. In his spare time, he enjoys hiking and oil painting.

Phil's can-do attitude, ability to listen and be open to both patient and employee feedback, and willingness to take action is producing a positive impact on the treatment services offered in our inpatient program. Welcome Phil – thanks for joining the Lifeline Connections team!

# COMMUNITY ENGAGEMENT

## GEORGIA PACIFIC CAMAS MILL



Lifeline Connections was pleased to participate in the Georgia Pacific Camas Mill Get Well Stay Well Health and Wellness Fair November 11th.

This well-planned and well-executed employee event encouraged employees to circulate among 15 local vendors that exhibited positive lifestyle changes such as physical activity, emotional wellness and balanced nutrition. Many employees stopped at the Lifeline booth to ask questions about mental health and substance use challenges that they or their loved ones are facing.

## AMAZON SMILE



Did you know that Lifeline Connections has a unique AmazonSmile link that makes it easier for you to find and support Lifeline Connections? The link below will automatically ask if you want to support Lifeline Connections. Once you select Lifeline Connections, Lifeline will receive 0.5% of the price of all your eligible smile.amazon.com purchases.

<http://smile.amazon.com/ch/91-0787084>

Please bookmark and use your link so you don't accidentally shop at [www.amazon.com](http://www.amazon.com) instead of [smile.amazon.com](http://smile.amazon.com). Only purchases made at [smile.amazon.com](http://smile.amazon.com) are eligible for donations.

## CLARK COUNTY CHAIR MARC BOLDT



### Marc Boldt

*Receives award from Rusty Williams, Board President*

Clark County Council Chair Marc Boldt was presented a plaque by the Lifeline Connections Board of Directors at the Annual Board retreat held at the Water Resource Center for his dedication in working in the recovery community. Marc has been an active voice in the recent marijuana laws, allocation of funding for recovery and mental health services and the viability of building a new jail.

## Volunteer Highlight | Mary Renaud, Acupuncturist

Mary Renaud began volunteering at Lifeline Connections in August of 2015. She volunteers once per week for 1.5-2 hours, generously providing acupuncture treatments to patients in the withdrawal management program. A retired nurse with a BSN degree from University of Portland, Mary was the manager of the Maternal/Child Health unit of Clark County Public Health. After seeing the benefits of acupuncture to people in detox at Central City Concern in Portland, she learned the practice of the National Acupuncture Detoxification Association (NADA) ear protocol while on a vacation to Delhi, India in 2000.

Michael Smith MD, who founded NADA and Lincoln Recovery program at Lincoln Hospital in New York was there to train Indians in the drug treatment program. Mary petitioned the Washington State Nursing Commission to allow the practice of the ear protocol in her scope of practice as a nurse, which they granted. She taught other public health nurses the protocol and they provided treatments to a parenting class. The instructors noticed the positive and calming effect it had on the groups.

After retiring, Mary thought about ways to get involved as a volunteer, and she thought of Lifeline! She finds her work at Lifeline very rewarding. Patients tell her that their anxiety improves, and they simply feel better after receiving treatment. We are very lucky to have Mary Renaud as a volunteer at Lifeline and we sincerely thank her for the service she provides our patients!



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



# 2016 AWARD WINNERS



**Armando Herrera**

*Jared Sanford, CEO presents*

*The John Cox Award of Excellence to Armando Herrera*

## THE JOHN COX AWARD OF EXCELLENCE

Lifeline Connections has selected Armando Herrera to receive the 2016 John Cox Award of Excellence and Olivia Resnick to receive the 2016 Community Partner Award.

The John Cox Award of Excellence is given to individuals in our community who are vocal supporters of substance use disorder and mental health treatment. Armando Herrera has been a strong advocate for behavioral health treatment in our community for many years. He is dedicated to making sure behavioral health treatment is accessible to all so individuals can get the help they need to find and achieve recovery. Armando has served on many county and state committees and was a past board member of Lifeline Connections.



**Olivia Resnick**

*Jared Sanford, CEO presents*

*The Community Partner Award to Olivia Resnick*

## THE COMMUNITY PARTNER AWARD

The Community Partner Award is given to individuals in our community who partner with Lifeline staff to provide comprehensive and support services to Lifeline patients. Olivia Resnick was selected because of her passion and tireless efforts in helping to secure housing for all members of our community.

Olivia is the Housing Solutions Director at the Council for the Homeless. Olivia has shown a passion towards helping individuals in our community find safe and affordable housing. She currently serves on Lifeline Connections' Sobering Unit Advisory Board and had been instrumental in helping individuals who access sobering services find and secure affordable housing.

## MEDICAL TEAMS INTERNATIONAL MOBILE DENTAL CLINIC



**Lifeline Connections** is thrilled to announce a partnership with Medical Teams International Mobile Dental Clinic. Medical Teams International provides medical and dental care, humanitarian aid, and holistic development programs to all people in need, regardless of religion, nationality, sex, or

race. They send teams of volunteer medical professionals and medical supplies to care for the sick and injured around the world. In addition, they focus on long-term health promotion initiatives, collaborating with established partners within communities to ensure that programs have a sustainable impact. The bright red fully equipped van, staffed by volunteer licensed dentists, hygienists and dental assistants, will be in the Lifeline parking lot every third Thursday of the month serving patients in our residential program.

## COMMUNITY REWARDS



**DID YOU KNOW?** By shopping at Fred Meyer you can donate to Lifeline Connections! And it's free!

Fred Meyer Rewards Card members can choose to link their card to their favorite nonprofit organization (we hope you'll choose us). Every time you use it to make a purchase, Fred Meyer will set money aside for that nonprofit (Lifeline Connections, in case you forgot).

But wait! There's more! Have you already registered your Rewards Card...but perhaps haven't updated it in awhile? Registrations have to be renewed every year. This gives you a chance to confirm that you still want to support your favorite nonprofit, or gives you the opportunity to select a new one (we're still here).



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### JOIN Today!

Are you passionate and motivated about recovery and your future?  
Join Lifeline's Alumni Ambassadors for substance use and mental health  
recovery support.

Email: [Alumni@lifelineconnections.org](mailto:Alumni@lifelineconnections.org)

Visit [www.lifelineconnections.org/recovery-community/](http://www.lifelineconnections.org/recovery-community/)

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