

Spring 2017

Aftercare for Life!

This new program is designed to help prevent relapse and help patients stay focused on recovery. A different life-skill topic will be covered each month; topics may include family dynamics, managing depression and anxiety, communication, nutrition, relapse prevention, etc. This program is open to all patients who have completed our outpatient programs and is conducted by a licensed professional clinician every 4th Thursday from 6-7:30pm in conference room 210c. Plan now to attend the May 25th session that will focus on nutrition.



Health Homes



This new program is designed to improve health outcomes for high-risk patients. To be eligible for Health Home Services, a patient needs to be receiving Medicaid, have at least one chronic conditions such as diabetes, cancer, a mental health diagnosis or substance use disorder AND be at risk for a second chronic condition as defined by a predictive risk score.

The purpose of Health Homes is twofold: to reduce the progression of chronic disease and the likelihood additional chronic diseases will occur, and to reduce the cost associated with inappropriate emergency department utilization and preventable hospital re admissions. Care coordinators work with patients to improve their self-management of health-related conditions and assist in them in accessing both medical and social services.

Kristin Crabtree (left above) and Megan Reinikka (right above), Lifeline Connections Care Coordinators, serve patients in Clark and Cowlitz County assigned to them by Molina Healthcare. Many of their patients also have received services from other departments at Lifeline Connections. Care Coordinators are advocates who encourage patients to become responsible for their own health, identify gaps in care, and guide them about where to obtain resources to help them achieve the goals they want for their own lives.

Sobering Unit Expands to Phase II

The Lifeline Connections Sobering Unit opened January 2015 and has been full serving Washington State residents ever since. The unit opened with 16 beds and has expanded to a capacity of 26. When individuals enter the unit, they are not only provided a safe place to sleep and sober up by a caring and compassionate staff, but they are also offered case management services to help them begin to stabilize their life. This harm reduction model is moving into Phase II with the Sobering Urgent Response Van (SURV). The van is staffed with medically-trained drivers between 3:00pm and 12:00 midnight to safely transport patients to the sobering unit after they are triaged by the hospital or police department. This community resource will also carry small hygiene items and Narcan kits to distribute to those most at risk. The SURV will be up and running the beginning of May.

Sobering Advisory Board

Lifeline's Sobering Unit is a program that is designed to provide a safe and comfortable place for individuals to detoxify from substances. This program is a resource to local hospitals, law enforcement and emergency medical services when they need to find a place for an intoxicated individual. The sobering staff provide both medical and counseling services to the patients.

To ensure that this program meets the needs of the community, an Advisory Board was formed for our sobering program. We want to thank our Advisory Board members for their service:

Chair: Kathy McNicholas, Vancouver Police Department

Vice Chair: Angela Graves, PeaceHealth Southwest Medical Center

Todd Skenandore, Legacy Health Salmon Creek Office

Rusty Warren, Clark County Sheriff's

Amy Reynolds, Share

Olivia Resnick, Share

Marc Muhr, Clark County EMS

Terri Owen, CVAB

Peggy Sheehan, Vancouver City

Kate Budd, Council for the Homeless

Kalen A. Beasley, VA Police Department

AmeriCorps*VISTA Volunteer - Aubre Gilbert

Aubre Gilbert joined Lifeline Connections as an AmeriCorps*VISTA volunteer in August of

2016. AmeriCorps*VISTA members serve full time for one full year at a community organization on anti-poverty projects. Aubre's specific project has been to help build our volunteer and intern capacity in ways that staff and other volunteers will be able sustain after her term of service ends. As a result of Aubre's work to date, many Lifeline programs now have volunteers serving in various capacities such as student interns who are working on advanced degrees in behavioral health, a chiropractor in our residential program, nursing students, hair stylists and even art teachers, plus many more. Aubre has also participated in outreach events educating others about the addiction and mental health services provided by Lifeline Connections.



When Aubre applied to serve as an AmeriCorps*VISTA member, she knew she wanted to work in an organization that treats the chronic conditions of mental health and substance use, with her goal to do it as close to home as possible. Aubre grew up in Clark County with two older sisters and was encouraged to pursue her passion for modern dance and oil painting. She is a 2013 graduate of Colorado College with a bachelor's degree in neuroscience.

Aubre was recently accepted into the very competitive OHSU Medical School where she will begin studies this fall. Aubre's work in building a sustainable volunteer program at Lifeline Connections will continue long after she is a student once again. Thank you, Aubre, for the many hours you have worked to help individuals overcome these chronic diseases. You have been a true advocate for the people we serve. All our best to you as you pursue improving health in the years to come!

Keeping the Beds Warm and the Lights On

Have you ever wondered about the system behind the scenes at Lifeline Connections? You know, the folks that make sure you can get the help you need when you need it. Have you ever wondered where the money comes from for all the things we do?

It's true the government covers most of our costs. We're grateful they understand how important this is! And since 2010, the Affordable Care Act requires private insurance to cover behavioral health care the same way they cover physical health care. With this money, we provide the critical treatment our patients need like clinical services, trained staff, a clean facility-and money to keep the lights on.

But it doesn't cover everything. So Lifeline Connections, like most nonprofits, works hard to raise other funds to make sure the treatment you receive addresses all your needs, not just the most critical ones. That means we ask foundations and corporations, like those mentioned below, to help us purchase additional supplies, equipment and resources. Other times we participate in creative partnerships to get important non-cash items we need.

Every few months, for example, we visit the Kaiser Permanente Surplus Warehouse, a big building in Northeast Portland where Kaiser's gently-used furniture, equipment and supplies go to rest. Then nonprofit organizations like Lifeline pick them up, bring them home and give them a second life. Four other partners give us surplus food, and that helps reduce our total food costs by as much as 50% every year!

Your help is important, too. Donations from private individuals like you go a long way toward helping us get those important extras. They help us buy small things, like winter coats for folks who come to us off the streets. They help us buy big things, like a new van to transport

residential patients to doctor's appointments, self-help groups and other activities in the community.

You can give to Lifeline Connections in many ways, and no amount is too small. If everyone reading this article gave just five dollars a month, we'd raise over \$75,000 a year! You can make a one-time or recurring monthly gift through the "Donate" button on our website (lifelineconnections.org/). You can designate that we use your gift for our highest need, or you can give to a particular program or project. You can also make your donation in honor or memory of someone important in your life.

When someone takes that first step and comes to our Sobering Unit or Detox program, we offer them a smile, a welcome, and a warm and dry bed where they can begin to heal and find hope. Your gift just may help us buy a few new blankets to keep that bed warm.

Grants and Donation for Pregnant and Parenting Women's Program



Camas - Washougal Community Chest

The Camas-Washougal Community Chest supports organizations that directly serve people living in their communities, so they were excited to award a grant to Lifeline Connections for children's toys in our Camas office. Often children and another caregiver wait in the lobby while a parent attends outpatient counseling, and these educational toys will not only entertain children but provide enrichment and opportunities to explore their wider world. Thank you, Camas-Washougal Community Chest!



Boeing Employee Community Fund

Boeing Employee Community Fund is another partner helping us outfit Lifeline's new program for women and children. Their recent grant will allow us to purchase mini-refrigerators for the childcare rooms so staff will have access to healthy food and snacks for children while their mothers attend counseling. Thank you, Boeing Employees!





Firstenburg Foundation

The Firstenburg Foundation recently granted funds to Lifeline Connections to purchase a brand-new three-door freezer for our kitchen in the residential treatment program. This was an exciting award because it allows us to accept a lot more donated food than we could in the past. Last fall we told you about all the great support we get from food donations-now we have a place to store it safely until we need it. Thank you, Firstenburg Foundation!The



BNSF Railway Foundation

BNSF Railway Foundation recently awarded Lifeline Connections a grant to purchase infant cribs for our new program for women and children scheduled to open later this winter. These hardwood cribs meet all child safety standards, and two will be outfitted with a rolling evacuation frame allowing staff to easily move children outdoors during fire drills and other potential emergencies. BNSF Railway Foundation recognizes that substance use disorders affect a disproportionate number of railroad workers, and it is committed to providing support and intervention both to its own employees and the communities it serves. Thank you, BNSF!



Charis Fund

Charis Fund is also supporting Lifeline's new program for women and children by awarding funds to purchase other furnishings such as rocking chairs, changing tables and cabinets. The Charis Fund has funded important needs of the organization in the past and continues to be a wonderful partner supporting people with behavioral health disorders. Thank you, Charis Fund!

Shop for Lifeline Connections



[Here's how!](#)

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