

2017



Fall
Newsletter

Client Poem

My first day of treatment, we are all cut from the same cloth.

Each one a different addiction, but everyone a heart that's soft.

The stories are different, and the path that got them here.

Addiction does not discriminate, the old, the young, should all fear.

So many speak of pain, and awful things in their lives.

When using that substance each time, helps numb that feeling inside.

One by one as we share, each can relate just a bit. Making you feel no longer alone, knowing in these rooms, help you will get. Douglas K., 5/22/17 (1st day of treatment)



Give More 24! And #GivingTuesday - Two Ways



"When I walked in the door, I knew I wasn't alone anymore." That's what a young mother in a nearby city said when she was finally able to get treatment for her substance use disorder. "I felt like my babies and I were going to be safe for the first time," she added.

"Bringing my children with me made all the difference."

Generous Clark County donors helped local moms and children have that same chance by supporting Lifeline Connections during Give More 24! More than \$1,000 was raised during Give More 24! to help create a warm, safe and comforting environment in the residential rooms of Mom's Recovery Home, set to open early next year.

Give More 24! is Clark County's annual one-day online giving marathon. More than 130 nonprofit agencies participated on Thursday, September 21, and combined the event raised \$1,033,825.

Did you miss out? Mark your calendars for Tuesday, November 28, for #GivingTuesday, a national giving day following Black Friday and Cyber Monday. We're hoping to raise another \$2,500 and you can help make it happen. It's a scary thing to admit you need help, but it's even scarier when you have children to think about. Soft blankets, cheery crib sheets, fresh curtains, towels and rugs can welcome moms as they take that first step to getting well. To our generous donors, we say thank you!

Lifeline Connections Opens Satellite Offices in Aberdeen and South Bend, Washington

Individuals living and working in Grays Harbor and North Pacific County now have another option to access treatment for mental health and substance use disorders. Lifeline Connections opened offices in Aberdeen on July 1st and in South Bend on July 31st. Both locations treat a full range of mental health and substance use conditions for adults, and they provide substance use treatment for youth.

Services include individual counseling sessions, family therapy, group therapy and referrals to other community organizations for additional support. Both offices offer a licensed clinical team that includes mental health and substance use professionals. If you know someone in either of these counties who may need help, have them call us at 360.787.9319.



SURV - Lifeline Connections' New Sobering Unit Response Van

Lifeline Connections Sobering Unit opened January 2015 with the goal of providing a safe place to sober up for individuals eighteen and over who are under the influence of alcohol or drugs. An important goal of the program is to help to alleviate crowding in the local emergency departments and jail, but perhaps more important, the program also provides a more appropriate and cost-effective treatment option for people with behavioral health disorders.

On May 1, a new service supporting the Sobering Unit started operation. The SURV (Sobering Unit Response Van) works with law enforcement and local hospitals by providing safe, reliable transportation to bring individuals in the community to the sobering unit. SURV operates from 3:00 pm to midnight seven days a week and is staffed by medically trained personnel.

The van is equipped with Narcan kits (the brand name for Naloxone, a medication that reverses the effects of opiate overdoses). SURV is also equipped with basic supplies. Supplies vary and are based on donations received from the community.

Individuals can stay in the Sobering Unit for up to 12 hours. They receive a brief medical exam and are then provided a safe, warm, clean place to sleep. A counselor meets with the individual to explore community services such as treatment or housing, and they can sign folks up for health insurance. The goal is to help folks consider treatment and begin to build stability into their lives.

SURV has increased community outreach offered in Clark County. In-kind donations and/or cash are accepted and are tax-deductible. Donations can be dropped off at the unit located in the back of the Center for Community Health Building on the VA Campus at 1601 E. Fourth Plain Blvd, Bldg #17, Vancouver, WA 98661. For more information, call us at 360.397.8500.



Lifeline Connections Reduces Barriers Through Open Access

Sometimes the hardest part of getting help is admitting you need it. But it can be just as hard to figure out how to get it. Lifeline Connections has made the second part a bit easier by launching Open Access, an opportunity to get help almost as soon as you recognize you need it.

Here's how it works: the assessment is the first step for getting into any kind of treatment. Before now, patients needed to call and schedule an appointment to complete an assessment. Lifeline now offers same-day, walk-in assessments for both mental health and substance use disorders for adults and youth. Individuals can come in for a same-day assessment for substance use disorders and a mental health condition at the following locations:

Main Campus Office (VA Campus Vancouver):
Mon-Thurs noon – 3:30pm
Fridays 9am – 3:30pm youth substance use assessments
Orchards Office (East Vancouver):
Tuesdays noon-3:30pm
Thursdays noon-3:30pm
Aberdeen Office:
Mon – Friday 8am – 3:30pm

To schedule an assessment at our Camas or South Bend office please call to set up an appointment. Camas: (360) 524-7924 South Bend: (360) 787-9319 The process takes about an hour, and gives the person information about what would be involved if they consider treatment, including:

- what level of care is most appropriate for their situation
- whether Lifeline Connections can provide that level of care
- how much it will cost (often there is no charge for low income individuals)
- approximately how long treatment may last
- what their next steps are.

“Open access engages a person in the treatment process when they're ready. It means they don't have to make an appointment for some time in the future,” says Jared Sanford, Lifeline's Chief Executive Officer. “It means more people can get the help they need. That's good for them, their families, and our entire community.”

ADIS – Alcohol Drug and Information School

Lifeline Connections now offers Alcohol Drug and Information School classes at the Vancouver and Aberdeen locations. This purpose of this class is to promote public safety by reducing the number of injuries and fatalities due to driving under the influence of alcohol or drugs.

Classes are offered the first Saturday of each month (some exceptions can apply). Classes are a full eight hours of instruction starting promptly at 8:00 am ending at 4:30 pm with a half hour allotted for a lunch break. Preregistration is required. For more information and to get registered, give us a call at 360-397-8246 for Vancouver and 360-787-9319 for Aberdeen.

FACTS – Youth:

Facilitating Access to Care and Treatment Services for Youth!

Adults living and working in Grays Harbor and North Pacific County now have another option to access treatment for mental health and substance use disorders. Lifeline Connections opened offices in Aberdeen on July 1st and in South Bend on July 31st. Both locations treat a full range of mental health and substance use conditions for adults, and they provide substance use treatment for youth.

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Interested in learning more
about Lifeline Connections?
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information or to schedule a
tour. (360) 397-8247 x 7451