

2018

Lifeline Connections

Spring Newsletter

RICKY BYRD | ROCK 'N' ROLLER & RECOVERY CHAMPION



Rock 'N Roll Hall of Famer Ricky Byrd is best known for his eleven years as lead guitarist with Joan & The Blackhearts. Their "I Love Rock 'N Roll" recording from 1982 is Billboard's No. 56 hit of all time. On Tuesday, May 15, Byrd will speak at Lifeline Connections' *A Light*

in the Storm and talk about his other passion: recovery.

Byrd has played with other stars of the music industry, including Roger Daltrey and Ian Hunter. On September 25, 2017, Ricky Byrd celebrated thirty years of recovery, and in October he released *Clean Getaway*, an album with a dozen songs all focused on recovery.

In a November article in *DIY Musician* Byrd says, "The lyrics on the album are all about recovery, addiction,

hope, possibility. There's a song called 'Lighthouse' that's about hope. Then there's 'Addict's Prayer,' which is about relapse. There's a song called 'Better Days' that goes: 'When I wake up in a cold sweat, trying to remember what I want to forget, living my life like Russian roulette...'"

Ricky mixes all kinds of styles in this album—bluesy, wry, soulful, rowdy, or just plain classic rock. "I'm trying not to pull any punches because I'm trying to get into these peoples' hearts and souls," he says in the same interview. "When you are blessed to get the gift of desperation, when you're at the bottom looking up... sometimes that's when you hear the message clearly. And hopefully you have that little window of opportunity when somebody's in the right place at the right time and says or does something that makes you go, 'Hmmm, maybe this isn't the way to live?'"

Clean Getaway is also the name of Byrd's foundation, whose mission is to bring awareness, education prevention and addiction resources to those affected by substance use disorders through the healing power of music. CDs will be available for sale at the event, with a portion of the proceeds going to Lifeline Connections and the rest to help the foundation spread its word of hope and recovery.

Tickets to hear Ricky speak and sing one of his songs from Clean Getaway on May 15 are available at www.lifelineconnections.org/how-you-can-help/, or by calling 360-397-8246 x 7548.

EXPANSION OF SERVICES

MEDICATION ASSISTED TREATMENT

In response to the national opioid epidemic, the Substance Abuse and Mental Health Services Administration awarded a grant to the State of Washington to support prevention, treatment and recovery projects. In August 2017, Lifeline Connections was one of six agencies in the state to be designated as a "hub and spoke" grant recipient, with the goal of expanding access to Medication Assisted Treatment (MAT).

MAT has been recognized as the gold standard of treatment for people with opioid use disorders, offering one of three specific medications that help people effectively manage their addiction and move into lives of recovery. The new grant designates Lifeline Connections as the "hub" with a robust team of medical, clinical, and support personnel who work with community providers ("spokes").

Together, we provide treatment and support to our community to help people overcome their opioid addictions. Lifeline Connections employs care navigators that help bridge the gaps between community partners and help people navigate the complexities of our regional medical systems.

"I wish I'd known MAT was available a long time ago," said a recent participant in Lifeline's residential treatment program. "I'm getting on the MAT program after I finish here, and I think it's going to make all the difference."

As part of Lifeline's comprehensive MAT program, patients receive a customized treatment plan that includes regular medical care, individual and group counseling, support groups and work with a recovery coach.

SOUTH BEND SERVICES EXPANDED

Pacific County Public Health & Human Services recently awarded funding to Lifeline Connections' South Bend office to expand outpatient mental health services to schools and veterans in the region.

The goal of the school-based project is to increase the number of students who learn how to manage their mental health disorders and complete high school. The project is a partnership between South Bend Junior & Senior High School, Willapa Valley Middle & High School, Raymond Junior/Senior High School and Lifeline Connections. It places a Lifeline counselor on-site in each school at least once a week to meet with students who are self-referred or referred by a teacher or staff member.

In Washington, 20% of youth between the ages of 13 and 18 have or will have a serious mental illness at some point during those years, but stigma about mental illness often prevents them from seeking help. "Confidentiality is important for these students, and Washington law allows anyone over the age of thirteen to seek counseling without their parents being notified or involved," says Jeff Cotta, program director. "We're so pleased to be in the schools and helping kids who are struggling."

The veteran's project will connect former military personnel needing help for substance use disorders with treatment options. Vets can usually receive services through local Veterans' Administration offices, but limited transportation in the region makes it difficult to access the nearest VA. "Lifeline's clinicians are working with other veteran services providers in the region to make sure we don't let these folks slip through the cracks," says Cotta. People who want to learn more about either program can call the office at 360-787-9319.

ORCHARDS OFFICE NOW OFFERING PROBLEM GAMBLING TREATMENT

Problem gambling is one of the fastest growing behavior disorders in the nation. Lifeline Connections now offers treatment services to individuals and loved ones impacted by the financial, emotional, and relationship problems that come with the disease. Services are offered at the East Vancouver (Orchards) location. There is no cost for Lifeline's services and getting started is as easy as calling 360-984-5511 during business hours 8am-5pm Monday -Thursday.



VANCOUVER CAMPUS SERVING YOUTH

In Clark County 1 in 1,800 13-17 year olds are in need of substance use treatment. Adolescent substance use can be scary for both kids and their parents. Lifeline's youth substance use team has expanded and is now serving youth 13-17 years old both in the schools and in outpatient programs at Lifeline's main campus. The program is designed to help teens address family issues, find success in school progress, understand substance use and/or mental health disorder, and establish new and healthy coping skills. Walk in assessments are available Friday 9am-noon and 1-3:30pm on a first come first served basis.

LIFELINE CONNECTIONS ALUMNI COMMITTEE PRESENTS AWARDS

Lifeline's Alumni Committee presents two awards each year to individuals or organizations whose work supports and promotes recovery efforts in Clark County. This year's awards were presented at the I Love Recovery Dance held February 15th at Gaizer Hall with over 250 attendees.



KEITH WELLS

MVP (Most Valuable Person) Keith Wells hit the ground running as a person in recovery and hasn't looked back. His forward looking vision and his tenacity to make things happen benefits the entire recovery community. Keith currently chairs the Lifeline Connections Alumni Committee, is a founding board member of the Recovery Resource Advisory Board, leads at least two SMART Recovery meetings a week and has been known to open his home to someone in need of a place to stay. In addition to being generous with his time Keith is generous with the many resources he has been blessed with. He is a true example of someone who pays it forward.



KLEEN STREET RECOVERY CAFÉ COMMUNITY PARTNER

Kleen Street Café is known for their commitment to the Recovery Community. Kleen Street's three divisions Café, Community Club and Veterans Villa support individuals new to recovery that are looking to get their footing established in a new lifestyle and to those in long term recovery looking for social support and an opportunity to give back through various service opportunities. The Veterans Villa helps America's veterans, many who are homeless or disabled, with peer support, educational workshops, employment resources and clean and sober housing opportunities.

In addition, Kleen Street supports local recovery community events such as Hands Across the Bridge and the Clark County Recovery Forum.

A LIGHT IN THE STORM | FUNDRAISING EVENT



Tickets are still available for Lifeline Connections' fundraising breakfast, **A Light in the Storm**, on Tuesday, May 15 at the Royal Oaks Country Club in Vancouver. The event is a celebration of recovery from substance use disorders and will be highlighted by stories of recovery from Rock 'N Roll Hall of Famer Ricky Byrd and people in Southwest Washington.

"People recover from long-term substance use all the time, but many people still don't understand that it's possible," says Jeri Shumate, fund development director at Lifeline Connections and lead organizer of the event. "There are over twenty-four million people in the US living in recovery! We want to showcase that success and challenge the stigma that surrounds addictions. We're excited to have Ricky Byrd tell his story and help us spread the word."

Donations from the event will support people here in Clark County starting their journeys of recovery. Funds may help with housing, employment, or even simple things like a new outfit for interviewing. *"We want to make sure all doors are open to help people get well and build healthy lives,"* says Shumate.

The event is being generously supported by the following sponsors: Riverview Bank, Community Health Plan of Washington, Kaiser Permanente, Molina Healthcare of Washington, Nonstop Administration & Insurance Services, Opsahl/Dawson CPA, and PeaceHealth Southwest Washington.

Doors open at 7:00 am at Royal Oaks Country Club, 8917 NE Fourth Plain Blvd in Vancouver.

For tickets visit <https://www.lifelineconnections.org/how-you-can-help/>, or call 360-397-8246 x 7548.

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.



Armoires being built at Friends of the Carpenter



Beds waiting for transportation and assembly.

PREGNANT AND PARENTING WOMEN'S PROGRAM BENEFITS FROM ROTARIAN AND HP VOLUNTEERS

The Rotary Club of Greater Clark County has embraced the call to help build a residential treatment center for pregnant and parenting women in their community. Late in April, a team of enthusiastic Rotarians gathered at the program's new building and assembled the custom-made, hand-crafted beds, closets and under-bed storage units for the women and children who will call the center "home" for up to six months while mothers receive treatment for their substance use and mental health disorders.

Friends of the Carpenter was tasked with milling the wood for the high-quality, sturdy and attractive furniture. The woodworkers began cutting, finishing and polishing this winter. But a hurdle remained: transporting everything to the building on Falk Road so it could be assembled on-site.

Again, the Rotary stepped in. They contacted volunteers from HP who quickly put together a "Day of Caring" event, and on a Friday in late April all the parts were loaded into trucks and hauled across town.

"The Rotary and HP volunteers made all the difference," says Kim Bray, Lifeline Connections Facilities Supervisor and project manager for the renovation. "They contributed well over a hundred hours of labor of their own free time — and they had fun doing it!"

The Rotarians also found a way to put cash into their gift by donating \$1,000 from their local club, then applying for and receiving a match from the District Rotary. The \$2,000 gift went toward the costs of building the furniture. But the Rotary's support didn't stop there. Club members are also furnishing the rooms with sheets, bedding, towels and other linens, and have committed to keeping the rooms fresh as women transition through the program. In all the best ways, the Rotary Club of Greater Clark County has become a true partner and supporter of families working to build recovery and stability in their lives.

Rotary International is a service club of business, professional and community leaders whose mission is to provide service to others, promote integrity, and advance world understanding, goodwill, and peace. Each local Rotary adopts service projects, and the and the Pregnant and Parenting Women's program is deeply grateful the Rotary Club of Greater Clark County has adopted us!

RECENT GRANTS

Lifeline Connections is excited to announce two grants to support recovery from substance use and mental health conditions.

ABERDEEN EXPANSION

When Lifeline Connections purchased the building at 311 S I Street in Aberdeen last year, the front half was refurbished to create offices, group rooms, and a welcoming lobby. Plans were to renovate the back half, which has been used as a shop and warehouse, at a later date as services and programming expanded. Two grants from the **Ben B. Cheney Foundation** and the **Weyerhaeuser Giving Fund** are now letting us move ahead with that project.

"We're grateful that funds from these two companies, both of whom have a long and important history in the region's timber industry, are paving the way for this project expansion," says Jared Sanford, CEO at Lifeline Connections.

"Their commitment to the people of this region is heartwarming and we're pleased to partner with them to expand treatment in the community."

HOUSING SUPPORT IN CAMAS & WASHOUGAL

One of the most difficult challenges for many people with substance use disorders is finding safe and affordable housing. For women entering our new long-term residential program for pregnant and parenting women, finding housing that will work for both the mothers and their children can be even harder.

The **Camas-Washougal Community Chest** has stepped up to help women returning to Camas or Washougal with a grant that will provide housing services and rent assistance. Funds may be used for rental application fees and utility or rental deposits.

"The Camas-Washougal Community Chest is a wonderful partner helping people in their cities," says Melissa Guerra-Rushing, Women's Services Program Director. *"We're excited to work with them to help our moms and children."*



As a nonprofit organization Lifeline Connections relies on donations to help accomplish its mission. Become a donor today and help individuals find hope. help. Healing.

Visit the link to donate:
www.lifelineconnections.org/how-you-can-help/



JOIN Today!

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

Email: Alumni@lifelineconnections.org

Visit www.lifelineconnections.org/recovery-community/



hope help *Healing*

Please Return To:
Lifeline Connections
PO Box 1678
Vancouver, WA 98668

Interested in learning more about Lifeline Connections? Call Shannon Edgel for more information or to schedule a tour. (360) 397-8246x7451

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