

2018



Fall  
Newsletter

## PREGNANT AND PARENTING WOMEN'S PROGRAM



Beautiful freshly mowed grass and a newly painted parking lot served as the back drop to the September 18th open house celebration of the new Lifeline Connections Pregnant and Parenting Women's Program. The open house included a very brief opening ceremony kicked off by Ginger Schmidt, Lifeline Connections Board of Directors, who served as master of ceremonies introducing four speakers: Vancouver Mayor Ann McEnery – Ogle, Congresswoman Jaime Herrera Beutler, Vancouver City Council Chair Marc Boldt, and our own Chief Executive Officer

Jared Sanford. Following Jared's remarks there was a ribbon cutting and a tour of the facility.

The 125 plus guests were introduced to an infant room with toys and activities designed to stimulate young minds and support developing motor skills while the toddler room showcased a myriad of age appropriate venues including a reading corner, a simulated cooking corner, and a toddler bathroom complete with a tiny toilet and sink just right for little hands and bottoms! One of the highlights of the toddler space is the purple and green play structure just outside the double doors.

Moms and their kids will find respite from busy days in the residential area that includes a common living room complete with both adult and child seating surrounded by bedrooms, each with its own bathroom. Bedrooms are furnished with bunkbeds, toddler beds and/or cribs all decked out with new linens, draperies, towels and wall art.

Women and children will be well cared for by

a professional team that includes a Family Therapist, Chemical Dependency Professionals, LPN Women's Coordinator, Recovery Coach, Childcare Supervisor, Infant & Childcare Staff, Admissions Staff, and Floor Staff.

This new 16 bed facility is certain to benefit all members of the community. We'd like to thank the many community partners that helped make this project possible. Funding provided by: Babies in Need, BNSF Railway Foundation, Boeing Community Fund, Camas/Washougal Community Chest, Charis Fund, City of Vancouver Community Development Block Grant, Clark County Community Development Block Grant, Community Foundation for SW WA, Kaiser Permanente Surplus Warehouse, Molina Healthcare of Washington, Rotary Club of Greater Clark County, Substance Abuse and Mental Health Services Administration, Vancouver Energy Community Fund.

## EXPANSION OF MEDICATION ASSISTED TREATMENT



The Rapid Response Medication Assisted Treatment program places an emphasis on harm reduction and low-barrier access to services. Harm reduction services rely on collaboration and interventions that acknowledge self-defined positive change. They focus on patient-defined priorities and acknowledge that any improvement that reduces harm is beneficial.

The MAT program has been in existence for more than ten years at Lifeline Connections but has recently expanded in response to the national opioid crisis. Expansion has been aided by a grant from the Hub & Spoke program. Lifeline Connections was awarded the grant to create change in the communities we serve and to battle the opioid crisis across Washington State. The funding allows Lifeline to connect with community partners with the goal of providing comprehensive care to individuals needing services especially Medication Assisted Recovery services/ Medication Assisted Treatment (MAT). The Rapid Response Program offers walk in hours on Mondays from 9am-12pm on a first come first served basis.

## LIFELINE CONNECTIONS EXPANDS INTO BELLINGHAM



Adults and youth living and working in and around the Bellingham area now have another option to access substance use and medication assisted treatment. Walk in Substance Use Disorder assessments are available Mon, Tue, Wed 12pm-3:30pm. Lifeline Connections' Bellingham office is treating a full range of substance use disorders. The Bellingham office is located at 4120 Meridian Street, Suite 220, Bellingham, WA 98226.

Office hours are M-F 8:30am-5:30pm, with some evening appointments available. Services include initial substance use assessments to determine the best treatment option, intensive outpatient and regular

outpatient treatment, individual counseling sessions, family therapy, group therapy, medication assisted treatment, and referral to other community organizations for additional support. All services are provided by a licensed clinical team that includes substance use professionals.

Individuals interested in learning more should call 1.360.992.3030 or visit [Lifelineconnections.org](http://Lifelineconnections.org). Lifeline Connections accepts all major insurance as well as Washington Apple Health. Funding for expansion is provided by North Sound Behavioral Health.



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Visit the link to donate:  
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## MENTAL HEALTH FIRST AID



Lifeline Connections is privileged to have a Mental Health First Aid (MHFA) AmeriCorps volunteer on staff to bring Mental Health First Aid to Clark County. Clifford Ellis is a trained and certified MHFA instructor ready to educate Clark County residents on how to best support someone experiencing a mental health crisis. Just as CPR training helps a person with no medical background assist an individual following a heart attack, MHFA training helps a person assist individuals experiencing a mental health crisis. In both situations, the goal is to help support the person in crisis until appropriate professional help arrives. Mental Health First Aiders learn a single 5-step strategy that includes assessing risk, respectfully listening to and supporting the individual in crisis, and how to identify appropriate professional help and additional support strategies. Class participants are also introduced to risk factors and warning signs for mental health or substance use problems, engage in experiential activities that build understanding of the impact of mental illness on individuals and families, and learn about evidence-supported treatment and self-help techniques.

This community-oriented project's goal is to educate the general public. Classes will be held in various locations throughout Clark County. Thanks to community sponsorship and support, the certification course is completely **free and all class materials are provided**. Without this support Mental Health First Aid courses can range from \$50-\$100.

MHFA is intended for all individuals and organizations that make up the fabric of our community. This course is a great opportunity to increase personal skills and knowledge on the topic and prepare for unexpected mental health emergencies.

To learn more or to schedule individual or group sessions, please contact Lifeline Connections' Mental Health First Aid AmeriCorps member, Clifford Ellis at **360.397.8246 x 30219** or **cellis@lifelineconnections.org**.

## GROWTH AND EXPANSION AT THE RECOVERY RESOURCE CENTER



Since opening May 18th the Recovery Resource Center, 9317 NE Hwy 99, Suite M, in Hazel Dell has seen exponential growth in both class/support meeting offerings and individuals using the facility. In celebration of September Recovery Month, everyone who dropped in was offered a cookie baked by Connections Café & Catering. New support meetings pop onto the calendar each month and now include groups such as AA As Bill Sees It, Medication Assisted Recovery Anonymous (MARA), Realities – DRA, R360OVERY, AA Enough is Enough, NA Guiding Principles, LifeRing – Secular, AA Pacific Russian, AA Deaf Recovery, AA

Women's Meeting. Class offerings include; Microsoft Office Skills Class, Washington State University Life Skills Nutrition class, Father Engagement, Recovery Renewal Skills class, and Family Engagement in addition to a number of social activities.

The Clark College Addiction Counseling Education Students Club (A.C.E.S) meets each week at the Resource Center. Another great addition to the offerings is the hiring of Ethan Jacobs as the newest Recovery Coach to serve Lifeline patients. Ethan joins Deb Plunkett and together they work alongside patients, who are new in recovery, to help them navigate some of the pitfalls of those early months.

The September Sing for Recovery Karaoke night was a big success with over 30 attendees and everyone having a good time. Thursday afternoon art classes too have



proven to be popular and to produce really fun artwork. October is proving to be another busy month including a Halloween costume party with raffle prizes on October 31st from 4-6:30pm. Come and check out this warm inviting community resource that has beautiful artwork painted by individuals in recovery. **Call 360.787.9315** or email **RRC@lifelineconnections.org** for current information.



## EMPLOYMENT AND HOUSING

**EMPLOYMENT** - Lifeline Connections recognizes that treatment is only the first step in the journey to recovery. Once an individual has completed the initial steps of treatment they need housing and jobs. Past work history often proves to be a barrier to stability and if you don't have housing and a job it is pretty difficult to maintain good mental health and manage the triggers that can lead to relapse. That's why Lifeline is working hard to expand the continuum of care to include housing and employment.

The first entry into expanded services is a business venture known as Connections Café & Catering. The mission of the Connections Cafe and Catering is to employ individuals who have barriers to employment particularly those in early recovery from a behavioral health condition. The first three employees have been hired and are working to learn food service job skills in a fully licensed commercial kitchen serving lunch daily. The kitchen opened August 17th, 2018. Word of mouth spread quickly and continues to spread! Plans are underway to begin offering breakfast soon and to open to the public in early December. For additional information on the ever expanding services email **cattaway@lifelineconnections.org**.

**HOUSING** - A new housing solution for men in recovery is opening this fall. Lifeline Connections purchased and renovated a private 4 bedroom house in Vancouver with grant funding. The purpose of this home is to give a helping hand to men in recovery who need housing and employment supports for their success. Referrals for the Recovery Residence will be interviewed and those who meet the qualifications for residency will be offered a month-to-month lease with affordable rent. The home occupancy has a maximum 11 men, no women or children. The home will be managed by a live-in house lead with oversight by Lifeline Connections housing staff. The attractiveness of this home is that it fosters support between residents in a calm, comfortable environment. For additional information contact Debbie Peabody, Housing and Employment Supervisor at (360) 949-3978 or **dpeabody@lifelineconnections.org**.

# LIFELINE'S SUPPORTERS ARE THE BEST

Lifeline Connections' Fund Development Department has a lot of good news to share.

## A NEW VEHICLE!



Thanks to Board Member Kasandra Early and her husband, women and children in Lifeline Connections' new Pregnant & Parenting Women's program will have the opportunity to travel around the community in style. The 2016 fifteen-passenger van arrived in late September, just in time to greet our first patients.

"There aren't a lot of fifteen-passenger vehicles around anymore," said Kasandra. "Imagine my surprise when I found out my husband had one on his lot!"

Thank you very much, Kasandra. Our women and children are grateful!

## GIVE MORE 24!



If you didn't sleep through the day on September 20, you probably heard about Southwest Washington's Annual Day of Online Giving, **Give More 24!** Lifeline Connections was generously supported with donor matches that resulted in us raising \$2,365 that day.

Lifeline staff and volunteers who dished up and served more than 185 scoops of ice cream with all the toppings were so excited by the folks—almost all of whom were former patients—who walked up to the table and pushed dollar bills and even quarters into our giving box. One man said, "I got out of residential treatment here a while ago, and since I'm not spending my money on drugs anymore, I'll be glad to give it to you!" Over and over, people expressed their gratitude for the role Lifeline has played in their lives.

The money we raised on Give More 24! will help Lifeline provide those extra things folks need in recovery, but the friends we met that day reminded us that all gifts come from the heart. Thanks to everyone who supported us through this year's Give More 24!

## WASHINGTON STATE DEPARTMENT OF COMMERCE



In July, Lifeline Connections was awarded major funding from Washington State Department of Commerce for three capital projects:

- Secure Detoxification Treatment Center, Vancouver: \$1,440,744
- Crisis Triage & Stabilization Center, Vancouver: \$1,437,645
- Acute Detoxification Treatment Center, Aberdeen: \$1,298,499

This is the first year funding has been available for Behavioral Health Treatment Facilities through Washington State Department of Commerce. The fund represents the hard work state officials have done with legislators to address some of the most pressing behavioral health needs in the state. Lifeline Connections received funding for all three of our requests, more than any other organization.

## VANCOUVER PUBLIC SCHOOLS



Lifeline Connections was again awarded contracts to work in the Vancouver Public School District, allowing us to strengthen the relationships begun in local schools over the past year. We're grateful that VPS understands the benefit of connecting students with clinical help in their school settings, and we appreciate the opportunity to support school staff in helping kids succeed.

## PACIFIC COUNTY PUBLIC HEALTH & HUMAN SERVICES



### Healthy Communities

Lifeline Connections is now providing mental health assessment, treatment and reentry services in Pacific County Jail thanks to a new partnership and contract with Pacific County Public Health & Human Services. We are currently doing assessments but plan on offering treatment and other re-entry services soon. The agency has been engaged with the jail prior to this, and staff in the region are excited to deepen and expand our services to help folks involved in the local criminal justice system.

## SEABROOK COMMUNITY FOUNDATION



Providing high-quality therapeutic services relies on many working pieces coming together to support a clinician and a patient as they talk. The Seabrook Community Foundation responded to our request for help addressing one of them in our Aberdeen facility—sound dampening outside our treatment rooms so those important conversations can't be heard between rooms or in the hallway.

"Right now we're using white noise machines and they work well to ensure everything is confidential," says Jeff Cotta, Program Director. "But when two or three of them get going in the hall, it can be pretty loud in the lobby and reception areas."

The sound attenuation project is also getting help from **The Grays Harbor Community Foundation**, and work is planned to begin in the next few weeks.