

# 2019



# SUMMER NEWSLETTER

## CLARK COUNTY THERAPEUTIC SPECIALTY COURTS



Living with a substance use disorder sometimes results in encounters with law enforcement and the criminal justice system. Lifeline Connections recognizes that incarceration and legal

sanctions are typically not enough to help people address their disorders. Since 1999, the agency has worked closely with Clark County Therapeutic Specialty Courts to offer treatment alternatives that can satisfy legal obligations while providing the clinical and medical help people need.

Earlier this year, Lifeline Connections was awarded new contracts to continue serving non-violent, high-risk/high-need individuals through four Therapeutic Specialty Courts: Adult Drug Court, Family Treatment Court, Juvenile Recovery Court, and Substance Use Disorder Court. Each court serves a different population and may have different requirements, but the universal goal is to reduce recidivism by connecting people with treatment, typically allowing them to avoid sentences or sanctions.

Patients who apply and who are chosen to participate receive the following services:

- A comprehensive assessment of their health, finances, housing, employment, and other needs
- Development of an individualized treatment plan that defines their treatment program
- Certified clinicians following evidence-based curricula
- Case management and wrap-around services to address non-clinical areas of life
- Recovery support services to ensure long-term recovery and stability

What's the impact of Clark County's Therapeutic Specialty Courts? There are numbers:

- ✓ In their first seventeen years, Clark County Therapeutic Specialty Courts celebrated 1,096 graduates
- ✓ For every dollar invested in the court programs, an average of \$27 is saved
- ✓ 82% of Clark County drug court graduates have not been convicted of another felony, compared with a statewide jail recidivism rate of 65%

And there are stories:

"I feel like I have a purpose. I can contribute instead of take from society. Drug court has been the best decision I have ever made. My life is really coming together."

"I am graduating this week!!!! Honestly I am more proud of myself for graduating Drug Court than I am of graduating with honors as a single mom at Concordia."

"I took my son trick-or-treating for the first time in 6 years. I bought his costume and took him out until 8:30 pm, and he had a ton of fun. I want to thank everyone on the drug court team.... I appreciate you guys, and the fact that you never gave up on me."

Thanks to the Clark County Superior Court **Therapeutic Specialty Courts 2017-18. BIENNIUM REPORT for the above numbers and story.**

## CAMP MARIPOSA



Lifeline Connections welcomes one of its newest programs, Camp Mariposa. The first camp will launch September 13th and is a free, weekend camp for children ages 9-12 who are affected by the substance use of a loved one. Camp is held six times a year from Friday evening to Sunday afternoon, with daytime activities provided in months that camp is not provided.

Youth participate in activities such as hiking, archery, and nature awareness, as well as education and support sessions led by mental health professionals and trained adult mentors. Camp Mariposa provides a safe, fun, and supportive environment critical to helping break the cycle of addiction. Campers learn skills such as how to care for themselves, communicate their feelings, make good choices, and how to celebrate themselves!

Washington State Recreation & Conservation Office wants to get kids outdoors, and kids in Lifeline Connections' Camp Mariposa program are benefitting from that mission. **No Child Left Inside** recently awarded \$15,100 for hiking boots and socks, backpacks, compasses, nature books, and Washington

trail maps to help campers explore the rich beauty and wonder of our Northwest home. The grant also puts digital cameras and laptops in kids' hands during camp so they can take pictures of flowers, plants, and creatures they discover, then create a digital "Camp Log" to send home.

**"The Camp Log will be a GREAT reminder of the good time kids had at camp," adds Trista Wolles, Camp Mariposa Program Supervisor, "and will encourage them to come again and again!"**

Do you have a potential camper or would you like more information? Please contact Trista Wolles by phone (360) 605-7628 or via email [twolles@lifelineconnections.org](mailto:twolles@lifelineconnections.org).

## GIVE MORE 24

# GIVE MORE 24!

COMMUNITY FOUNDATION SOUTHWEST WASHINGTON

Back by popular demand, join us for free ice cream sundaes in the courtyard of the Center for Community Health on the VA Campus, 1601 E Fourth Plain Blvd, on Thursday, September 19 from 2:00-3:30 pm.

Give More 24 is Clark County's annual celebration of local nonprofit agencies and day of online giving to support good things being done in our community. Last year Lifeline Connections served nearly 200 people with good ol' fashioned vanilla, chocolate, and strawberry ice cream complete with all the trimmings and toppings.



Sundaes are free, and information about services you can use will be available. Opportunities to make a donation in support of Lifeline's services will be available if you wish, but our goal is to share the last sunny summer afternoon of the year with our friends and neighbors (and if it rains, we'll STILL have ice cream). Come one, come all! Bring a friend! Save the date on your calendar now—we'll see you there!

Check out our Give More 24 page at [www.givemore24.org/organizations/lifeline-connections](http://www.givemore24.org/organizations/lifeline-connections)

## LIFELINE CONNECTIONS PARTNERS WITH MYSTRENGTH® TO PROVIDE 24/7 ACCESS TO BEHAVIORAL HEALTH RESOURCES



Lifeline Connections is pleased to announce a partnership with myStrength® allowing patients and their friends and family to access behavioral health resources 24 hours a

day 7 days a week through an online portal. Patients are introduced to the program the first time they meet with their counselor and are encouraged to sign up immediately.

myStrength® offers depth and breadth to build resiliency, manage stress, improve mood, sleep better or simply find daily inspiration. The myStrength® experience is based in clinical models like cognitive behavioral therapy, acceptance and commitment therapy, positive psychology, mindfulness, and motivational interviewing – proven interventions that have helped millions improve and sustain health and well-being.

Emotional health and well-being is a journey. The myStrength® digital behavioral health solutions empower individuals with engaging, clinically-proven resources.

## MEN & WOMEN NOW EXPERIENCE GENDER SPECIFIC PROGRAM INPATIENT SERVICES

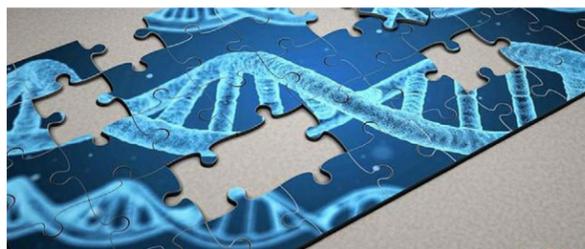


Lifeline Connections is excited to announce that we now offer gender-specific intensive inpatient services. On May 7, 2019 Lifeline Connections opened

a new 16 bed residential women's program at the Women's Recovery Center located off Falk Road in Vancouver, WA. The Women's Recovery Center is also the home to the Pregnant and Parenting Women's Program. The Intensive Inpatient Program located in the Center for Community Health is now a male-only 44 bed unit.

Substance Use Disorders are diseases that affect both men and women but that doesn't mean each gender has the same lived experiences. Gender specific residential units all us to better serve patients by meeting their specific needs.

## LIFELINE CONNECTIONS MENTAL HEALTH DEPARTMENT USES GENETIC TESTING



Lifeline Connections Mental Health Prescribers are using genetic testing to help identify which medications will best meet the patient's specific needs. The process is very simple requiring a small sample of saliva that is collected during an office visit. The sample

provides information to the prescribers that helps inform treatment decisions regarding psychiatric medications. Using the results from the sample, prescribers can predict the ability of the individual to absorb, distribute, metabolize and or eliminate medications properly. Results can also identify whether or not someone is at increased risk of having an adverse drug reaction or therapeutic failure to standard dosages. This valuable tool is helping staff to prescribe medications that result in less trial and error and overall a better patient experience.

## NAMI WALK



On Sunday, May 19th, a group of Lifeline Connections staff and family participated in the 2019 NAMIWalks Northwest in downtown Portland. Close to 5,000 people came together and walked the streets of downtown Portland to support mental health. NAMI, the National Alliance on Mental Illness, holds NAMIWalks throughout the country to fight stigma and encourage understanding of those who struggle with mental health issues.

Close to 43.8 million adults experience mental illness in a year and nearly 20% of children ages 13-18 will have a serious mental illness. Supportive community relationships with organizations like NAMI help Lifeline Connections to achieve our mission "to inspire hope and support life-saving changes for people affected by substance use and mental health conditions". Thank you to our Lifeline team for supporting our mission and values in such an impactful way!

## HIGH SCHOOL SUPPORTS YOUTH TREATMENT



COMMUNITY 101 Liberty High School students in Hillsboro, Oregon, had the chance to learn about philanthropy and support a cause they believed in, and Lifeline Connections

benefitted from their year-long project with a \$1,000 grant to purchase hands-on tools for clinicians working in our school-based programs.

"I've got family members with substance use and mental health disorders," said one student, "and I see how it hurts my cousins." Through a project from the **Oregon Community Foundation** called "Community 101," students accepted proposals from area organizations treating mental health disorders, and late this spring they awarded grants to five winners.

"These resources are fabulous!" said Jessica Spencer, Program Director for Lifeline's Mental Health Services. "Thank you, Liberty!"

## RECOVERY RESOURCE CENTER MARKS ONE YEAR ANNIVERSARY



BOOKS & MEDALLIONS

In 2018 a small group of Lifeline Connections Alumni brought their own camp chairs to a meeting in an empty space to discuss opening the Recovery Resource Center (RRC).

The Recovery Resource Center has grown into a bustling resource and family center that serves 250+ people per week. This volunteer organization utilizes their own experiences to help others find long term recovery and rebuild lives beyond just surviving – but thriving!

The casual non-clinical environment helps individuals build social support, and heal broken lives while providing activities and classes to help them engage with the community in new and positive ways, all while having fun.

The team of volunteers has collaborated with community organizations to offer long-term recovery options allowing each person to find resources based on their own beliefs, cultural and social systems. Offerings include unique support groups, life skills classes, art programs, social activities, and most importantly a place to explore.

## HIKE FOR RECOVERY – BELLINGHAM

### Hike for Recovery

Helping the Community Achieve New Heights  
Thursday, August 29, 2019  
Lake Padden, 4882 Samish Way  
Bellingham, WA  
4 - 7 pm



If you're in Whatcom County or the surrounding region, please join us on Thursday, August 29 from 4:00 – 7:00 pm for our first Hike For Recovery!

The beautiful Lake Padden, just a few miles south of downtown Bellingham, will be the site for an evening of good food, live music, and a family stroll in recognition and celebration of recovery from behavioral health disorders. The 2.6 gentle trail begins at the Rotary shelters near the east parking lot of Lake Padden Park, 4882 Samish Way and circles the lake.

Guides will make sure you have support along this path, and when you return you can enjoy a free summer dinner, live music by local indie band The Mary Anns, and information you can use for yourself, your friends and your family about available community resources.

Children's activities are scheduled, too. This free event is open to everyone—please join us! For more information call Chris Maness, AmeriCorps\*VISTA member, at **(360) 922-3030 Ext: 33007**.

## GIVING CIRCLE



Sometimes Lifeline's youngest children need help, too. Members of **Clark County's Giving Circle** recently recognized the challenges they face by awarding a \$1,775

grant to purchase sensory-calming materials for our Pregnant and Parenting Women's residential program.

Weighted blankets, calming music, and overhead light filters now soothe stressed infants. A "Sensory Break Bag" offers respite and distractions for our toddlers, with items like chew toys, putty, and a stretchy sack to hide in or wrap around for comfort and security. Noise-canceling headphones and a "quiet cube" help toddlers who need to get away from noise and activity.

Thank you, members of The Giving Circle! We are so grateful!

## BABY BASICS



Would you like to help our youngest children? This month we especially need diapers, wipes, new breast pumps and nursing pads to support the babies

and mums in our Pregnant and Parenting Women's program.

Drop off your donations at any Lifeline Connections office in Clark County, or contact us at **(360) 397-8246 x 30546** or [development@lifelineconnections.org](mailto:development@lifelineconnections.org) for more information.

## PERIOD

# PERIOD.

THE MENSTRUAL MOVEMENT

What's it like to be a woman living on the streets—and dealing with your period every 28 days? As a teenager in Portland, Nadya Okamoto, founder of **Period.org**, learned the hard way when she was temporarily homeless with her family.

Lifeline Connections is now receiving free menstrual products for women in our residential programs, many of whom lived on the streets before entering treatment, thanks to Okamoto's leadership and the generosity of corporate and private donors.

"Menstrual hygiene isn't a privilege," says Okamoto. "It's a right." Period is now the largest youth-run nonprofit addressing women's health. If you want to learn more or support the great work Period is doing, click on the link above. Thank you, Period!

## FRED MEYER COMMUNITY REWARDS



Did you know you can support Lifeline Connections every time you shop at Freddie's? If you have a Fred Meyer Rewards Card, you can ask the company to donate to us, and we get a check every quarter!

Go to the **Community Rewards** page and click on "Link your Rewards Card now," and sign in. After that, select an organization (you can search by our name or our member number T1046). That's it! Easy-peasy!

Programs like Fred Meyer Community Rewards helps us provide all those extras our patients need like steel-toed shoes for returning to work, a bus pass to get to a doctor's appointment, or a credit application fee to move into a new apartment. The more supporters we have, the more Fred Meyer donates—thanks for signing up!

## ED & DOLLIE LYNCH FUND, COMMUNITY FOUNDATION FOR SOUTHWEST WASHINGTON



Deep and special thanks go to the **Ed & Dollie Lynch Fund of the Community Foundation for Southwest Washington** for supporting Lifeline Connections' Business Ventures program. Through Business Ventures, people new in recovery can begin work, build a resume, and gain essential employment skills to improve their financial stability and secure long-term stable employment.

The Ed and Dollie Lynch grant will allow the program to purchase professional catering equipment for the Connections Café and Catering program. The program has been serving employees in the Center for Community Health for the past year and is now seeking to expand into the wider community.

## NW NATURAL



### NW Natural

support Lifeline Connections!

A big shout-out to **NW Natural**, provider of safe, efficient and reliable energy for homes and business in the Northwest, for its generous donation to

## A LIGHT IN THE STORM



"Never believe anyone who tells you that you can't go somewhere because of where you've been."

No one knows this better than Christopher Poulos, guest speaker at Lifeline Connections' recent benefit, A Light In The Storm. After accepting Chris for law school, the dean of Yale University nearly reversed his decision when he learned Chris had previously been incarcerated on a federal drug conviction. Mr. Poulos won the right to attend law school, and after graduating went on to work in the Obama White House' Office of National Drug Control Policy.

Nearly 150 people came out to hear this inspiring talk and celebrate recovery from behavioral health disorders on May 21, 2019. The event also recognized Lifeline Connections' Community Award Recipients. Dr. John Hart works with physical medicine and rehabilitation at PeaceHealth Southwest Medical Center, and Eric McNair-Scott is Director of Community and Clinical Linkages at Southwest Washington Accountable Communities for Health. Both have been instrumental in radically improving access to treatment for people with opioid use disorders.

Sincere thanks to our donors and major sponsors who helped us raise over \$26,000 to support Lifeline programming, including Camp Mariposa and Connections Café & Catering.

- Amerigroup
- Community Health Plan of Washington
- Kaiser Permanente
- Nonstop Administration & Insurance Services
- Opsahl Dawson CPA
- PeaceHealth Southwest Washington
- Providence Health Plan
- Riverview Bank

## NEW QUALITY ASSURANCE OFFICER JOINS THE LIFELINE TEAM



Remi Smith joined Lifeline Connections in May, 2019 and serves as the Chief Quality Officer. Remi has over thirteen years in nonprofit leadership, eight as a Quality Director. In addition, she has over

11 years in law enforcement.

Remi began her career in behavioral health in in-patient residential psychiatric services for children and adolescents, and then transitioned into adult behavioral health and substance use disorder treatment. Remi earned her Bachelor's Degree in Public Affairs from WSU/ Vancouver, her Master's degree in Social Work from Walla Walla University and her Master's degree in Business Administration from the University of Portland.