

2019



FALL NEWSLETTER

CLIENT STORY/POEM - CROSSROAD



I have come to a crossroad, a path I must chose to travel

Not knowing the outcome, as my life begins to unravel

A flash of events are before me, some wrong some right

Grasping the reasons for what I do, trying to find the light

I'm crawling out of my skin, barely hanging on to me

Breathing in the toxins of my past, a road I cannot see

Ahead is raging waters, a bridge I alone must build

Do I have the strength within my soul, tears, don't yield

This life is on the line, each choice affects my way

People come and people go, but pain will forever stay

With every wall I put up, trapping all of me inside

Destroying the gifts I take for granted, lost in my pride

I am tired and weak from the journey; I surrender a will to grow

Letting go of my sabotage, I reap now a new life I begin to sow

-Kammy

DEPARTMENT HIGHLIGHT



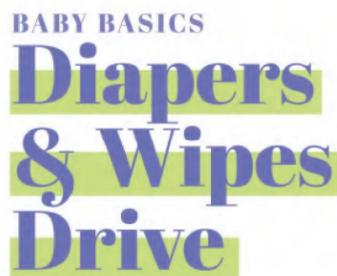
Lifeline Connection's Medication Assisted Treatment Program is doing some things right. In the last year, we expanded our Rapid Response program from one patient to over

400! That means that patients are able to access medication that helps them to gain control over their lives. Once the medication settles down the cravings within the brain it allows the individual to begin to stabilize their life and to define their own recovery journey. For some, it means being able to hold a job and secure stable housing, for others it means engaging in treatment, advancing them into the Medication Assisted Recovery Program, to gain additional tools to manage their disease. Rapid Response clinics are offered at many Lifeline Connections satellite locations including: Aberdeen, Bellingham, Centralia, Mt. Vernon, and South Bend.

Check the Lifeline Connections website <https://lifelineconnections.org/medication-assisted-treatment/> or call the specific location for hours and times.

This program accepts private insurance and WA and OR Medicaid.

BABY BASICS



Thanks to the Clark County community for donating over 1,000 diapers and 4,000 baby wipes in our recent Baby Basics In-Kind Donations Campaign! Your generosity is helping the mothers, infants and toddlers in our Pregnant & Parenting Women's Residential Program have all the essentials they need while in our care.

Donations included some baby clothes and a new breast pump. "These things help us stretch our budget so our moms can focus on getting well and taking care of their little ones," said Kim Nuesse, program director.

The Baby Basics campaign has ended, but we can always use diapers and wipes in all sizes.

For more information or to make a donation, contact Chelsea House at chouse@lifelineconnections.org or 360-397-8246 x 30546.

NEW WHATCOM COUNTY INTERN

Whatcom Community College Intern finds work satisfaction at Lifeline Connections Bellingham location.

As a student enrolled in Whatcom Community College's Substance Use Disorder Professional (SUDP) program,

Shelby Thomas compared the substance use treatment providers in Whatcom County to determine where she wanted to do her practicum choosing Lifeline Connections Bellingham office as her first choice. The main draw for her was that Lifeline Connections views and treats addiction as a disease.

Her initial assignment was to sit in on groups and she is now working with licensed clinicians to do patient assessments. Upon completion of her practicum she will be licensed and ultimately would like to work at Lifeline Connections. To add to her credentials she will be applying to Western Washington University to pursue a degree in case management.



Shelby is an artist, so in what little free time she can squeeze in, she paints and sells her work. When there isn't enough time to get out the paint brush she squeaks in few minutes to feed the stray cats in her neighborhood showing she really does have a caring heart!

CARF CERTIFICATION



Lifeline Connections started the new fiscal year (July 2019) by receiving one of the highest accreditations available in behavioral health.

CARF accreditation assures patients, payers, referrer and the general public that Lifeline Connections programs and facilities are of the highest quality. This is the second, three-year accreditation Lifeline has earned.

The accreditation will extend through June 30, 2022. The achievement indicates Lifeline Connection's dedication and commitment to improving the quality of lives of the persons served.

Services, personnel and documentation clearly indicate an established pattern of conformance to standards.

GIVE MORE 24

GIVE MORE 24!

COMMUNITY FOUNDATION SOUTHWEST WASHINGTON

Back by popular demand, Lifeline Connections hosted Ice Cream in the Courtyard on September 19 to celebrate Give More 24, the Clark County-wide day of nonprofit fundraising. The scoops were flying for almost two hours as nearly three hundred people enjoyed a scoop of their favorite frozen delight, complete with toppings. Gluten-free options were available this year for the first time.

More people than ever before also pitched in to give what they could to help ensure we meet the important extra things people sometimes need when they come to us for care—a bus pass, money to help get a replacement ID, or work boots for that new job.

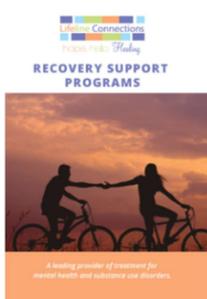
Across 169 nonprofit agencies in Clark County, more than \$1.6 million was raised supporting the good things that happen in this community.

EXPANDING THE CONTINUUM OF CARE



Lifeline Connections knows that wrap around services are vital to many who are working to manage mental health and/or substance use disorder. In addition to traditional treatment services, Lifeline Connections now offers many support services both inside and outside of the therapeutic environment.

Support programs that include a therapeutic component are school-based mental health and substance use disorder services in various school districts throughout the state. Our South Bend office provides Jail Based Services while Jail Transition Services are offered in Clark County. Expanded Community Support Services are also offered in Clark County. Through this program Lifeline Connections staff goes into adult family homes where residents with mental health disorders live. Lifeline Connections staff work with the staff and patients at the facility helping patients remain stable and in the home.



Outside of the therapeutic environment we know that housing, employment and strong social support are vital to helping patients advance in their journey. That is why we have worked diligently over the last two years to meet those needs through the Recovery Resource Center (social support), Connections Cafe & Catering (employment) and Recovery Residence (housing). We also know that there is no replacement for having someone with lived experience walking beside you providing support and guidance. Our Peer Support and Recovery Coaches do just that! They provide access to valuable resources...and sometimes even a ride to an important appointment.

WINTER WARMTH - BURLINGTON COAT FACTORY DONATION



Lifeline Connections has been selected by Burlington Coat Factory to partner with the Vancouver Store's annual coat drive.

In partnership with Delivering Good, the store will give a 10% discount coupon toward a coat purchase to anyone bringing in a gently-used coat and donating it for the drive.

Lifeline Connections will collect coats from the store every week starting November 10 through January 21.

Have an extra coat or two hanging in your closet that could keep someone warm this winter? We'll make sure it gets put to good use for the adults, youth and children we serve. Thank you!

CENTRALIA OFFICE IS OPEN



The opening of the Centralia Lifeline Connections office at 1611 Kersky Ave., Ste. 114, Centralia, WA 98607 means the residents of Lewis County now have additional options for mental health and substance use treatment services.

This fully staffed office offers Rapid Response Medication Assisted Treatment every Wednesday from 8:00am-10:00am where patients fill out paperwork, meet with a prescriber via a tele-med and receive medication to help them manage the craving associated with opiates or alcohol. If the patient chooses to engage in further treatment services, our substance use disorder and mental health professionals will work with them to develop an individualized treatment plan. When the individual is ready our Recovery Coach is there to help them access community services and navigate the nuances faced by those new in the recovery journey.

PREGNANT & PARENTING WOMEN MARKS ONE YEAR ANNIVERSARY



On Friday, October 18th, fifteen women, twelve babies and toddlers (plus two not yet born) and more than a dozen Lifeline Connections staff gathered to celebrate the first birthday of the Pregnant & Parenting Women's Residential Treatment Program.

"What a year it's been!" said Kim Nuesse, program director for the Women's Recovery Center. "In the past year 61 women were admitted for care with us—including the young woman sitting in front of me who just arrived fifteen minutes ago! We've seen so many success stories. It's just been the best." Counselors, doctors and floor staff shared how much they enjoy working with the women who come for treatment. Laughter, hugs and enthusiastic applause from the crowd suggested the feelings go both ways.

We're grateful to the hundreds of supporters in Clark County who came together last year to help us open this important program, and we look forward to continuing to share the good news already happening for so many women and children.

Thank you again!



ROCK TO RECOVERY



Patients at Lifeline Connections Men's and Women's Residential Programs have the opportunity to take part in Rock to Recovery every other week. What that means is the group creates a "band" and writes and records a song together with Rock to Recovery's own Jeremy Bixler, who is a musician and also in recovery himself. The process of creating music together helps people grow a sense of belonging and self-esteem. The process helps patients vent

emotions by writing lyrics and singing together for release. When the session is done, the "band" members feel a new energy and can listen to the song they created after leaving treatment by accessing it through SoundCloud.

Music is a powerful tool, proven to help soothe the soul. For someone in recovery, learning to have clean and sober fun, feeling a part of, connecting to a group, and quieting the mind are keys to a successful new life. Rock to Recovery gives anyone in recovery, a chance to have fun expressing themselves, working as a group, and experiencing the natural high only music can produce.

Rock to Recovery has been so popular among patients that we are expanding to the Recovery Resource Center starting in November for once a month session on a Friday night. For additional information on day and time visit the Recovery Resource Center calendar on the Lifeline Connections website at (<https://lifelineconnections.org/recovery-resource-event-calendar/>) or call (360) 787-9315.

HIKE FOR RECOVERY



Whatcom County's beautiful Lake Padden was the setting for a chill, laid-back, fun afternoon on August 29 as Lifeline Connections celebrated the first annual Hike for Recovery "friend-raising" event. People were invited just to come, eat, have a good time and learn a bit about resources for behavioral health in the North Sound region.

Attendees had the opportunity to stroll around the lake as afternoon breezes cooled the air and lifted sprits, and plenty of food was available for everyone who came. More than one person was seen swaying to the fabulous background music provided by the award-winning local indie band The Mary Anns.

Ann Deacon, human services director for Whatcom County, shared the good news about the community's success in treating opioid use disorders, and Carolyn Mason and Joe Foster from Lifeline's leadership team expressed gratitude for the opportunity to support people seeking recovery from substance use and mental health disorders in the North Sound region.

Preliminary plans are to hold the event earlier in the summer next year, so watch for information in the next few months.

CAMP MARIPOSA



Camp Mariposa® is a completely free, year-around camp for youth ages 9-12 that have been affected by the substance use of a loved one. Camp is held 6 times throughout the year with engagement activities taking place between each camping weekend. Youth have an opportunity to build long lasting bonds with peers and adult mentors that will create a network of understanding and support. It is our goal to build positive influences within the lives of these youth and cut off the cycle of addiction.

Our first camp was held September 13-15th. As mentors wait in nervous anticipation for the young campers to arrive, they cannot help but to wonder what the first camp will be like. Each of these campers has their own story as they have come from background where someone they love is affected by substance use. As each camper arrives, mentors take them to the cabin where they will spend the next couple of days full of fun, games, and therapeutic activities.

Each camper receives a gift as they arrive, a backpack full of items they can use on their adventures, hiking boots and socks, a stuffed animal, and a special Camp Mariposa® t-shirt. Campers then learn about the 7 C's of camp:

I didn't **Cause** it.
I can't **Control** it.
I can't **Cure** it.

I can take **Care** of myself by **Communicating** my feelings, making good **Choices** and **Celebrating** myself.

After a day of hiking, art and games, campers and mentors gather around a crackling camp fire where each camper has an opportunity to read the letter to addiction that they wrote that day. "It was a very intense and powerful moment" stated one mentor. The night ended with s'mores and time to bond with their mentors and peers in cabins before they fell asleep for the night.

One Saturday in October mentors, campers and their family attended a daytime activity at the Ridgefield Wildlife Refuge. There they walked to the Plankhouse, which is based on the Chinookan Village of Cathlapotle where they learned about local culture and were taught a local technique called "cording" that was often used by the Chinookan people of that region.

Camp Mariposa® provides youth with the opportunity to create memories that will last a lifetime and may continue on throughout future generations.

SAVE THE DATE - CAMPALOOZA



Lifeline Connections in Clark County is holding our first big, fun, gala event and you're invited! Think outdoors (but in total comfort), campfires (complete with s'mores) and an amazing and exciting guest speaker. Can you guess who it is from these clues?

- One Day At A Time
- The Mamas and the Papas
- Orange Is The New Black

Mark your calendars now for Saturday, May 2, from 4:30pm-7:00pm at the Hilton Downtown Vancouver. And watch for more details soon!

GRANTS AWARDED THANK YOU!

Lifeline Connections is the grateful recipient of several grants this quarter.

- The Quinault Indian Nation Fund generously provided support for our Medication Assisted Treatment Recovery program in Aberdeen. Funds will help people needing essential but basic things such as bike repairs, food handlers' card fees, and credit application costs for housing. We are grateful to the Tribe for supporting the important work of helping people with opioid use disorders get back on their feet.
- Cascade Pacific Action Alliance helped with essential costs in Grays Harbor, Pacific and Lewis Counties for the expansion of Care Coordination services in the region. Care Coordinators provide in-person support to help people with complex needs navigate the healthcare and social services systems that can improve their lives and health.
- Clark County Mental Health Sales Tax grants have been awarded to continue the first year's growth with two important programs: Camp Mariposa® and the Recovery Resource Center. These initiatives are making a difference in the lives of children who are impacted by the substance use disorder of a loved one, and people who have completed treatment and are building lives of stability and recovery.
- Clark County Realtors Foundation awarded a grant to Camp Mariposa® for a project called "Every Child Is Included." Cabins at camp will be outfitted with activities and supports such as inclusive, interactive games and weighted blankets to create a strong sense of family among cabin mates and to provide comfort for those feeling uncertain about the camping environment.

Grants like these are critical to ensuring programming at Lifeline Connections is strong and meets all the needs of our patients. We are indebted to these community partners for their support.