

# Winter 2020 Newsletter



## New Youth Services Program Director Named

The last couple of years Lifeline Connections has gradually expanded youth services. Lifeline professionals have worked in conjunction with Clark County Therapeutic Specialty Courts to provide services to youth involved in Juvenile Recovery Court. In 2017 services were expanded at two high schools in the Vancouver Public School District and then in 2019 began providing mental health and substance use services to high school kids in a handful of school districts across Clark County. Young people in our community are recognizing the need for behavioral health services and Lifeline Connections is now poised to meet that need with the development of a Youth Services Department and the hiring of Daniel Jass, MA, LMFT, as the Program Director.

Daniel comes to Lifeline Connections with extensive experience in providing therapy to youth and children in a variety of settings. His background in community mental health, with a focus in working with youth and children who have experienced trauma, makes him an ideal candidate to lead this new exciting program. The program is expected to expand thus impacting more kids and helping to foster a more healthy community.



## Campapalooza! Coming May 2, 2020

You won't want to miss **Campapalooza!**, a fundraising event supporting Lifeline Connections' treatment for people affected by behavioral health disorders. This year we're highlighting Camp Mariposa®, a year-round outdoor program for children impacted by the

substance use disorder of a loved one.

This fun-filled night will be on Saturday, May 2<sup>nd</sup> 2020 at the Hilton Vancouver, WA. Highlights include a live auction, raffle, Rock to Recovery and Hollywood actress and recovery advocate Mackenzie Phillips. Boots and flannels are highly encouraged, and we hope to see you there!

## "I Am an Infant in My New Sobriety"

This place is good. Only a few short days ago my thoughts were getting to a place of true darkness (homicide/suicide). I truly was beginning to believe in my soul that it was going to be over with soon. Then one night I was walking to a new bar, and in the same parking lot I noticed a group of people smoking, and a dim light over the door saying "Light House".

I looked at the bar, then the meeting, back and forth. With a deep sigh I turned away from the bar and into the Light House. I am an introverted person when sober so that was the hardest part. When the meeting was over I was approached by a man named Patrick Maddox and he offered me some dinner because I obviously looked like I needed it. We talked AA and sobriety and he offered to find me the resources. That's when I met the amazing team at Lifeline Connections. I know I'm an infant in my new sobriety but I can already feel some of that crushing weight being lifted off my shoulder. Keep doing what ya'll are doing here and you'll continue to save lives and turmoil for suffering families. – current patient



## Housing Services Program Supervisor

Meeting basic needs of food, clothing and shelter are critical pieces in setting individuals up for success in recovering from substance use or mental health disorders. When basic needs are met recovery outcomes improve. Housing can be one of the biggest barriers to

long term wellness so to help address this need, Lifeline Connections has hired Thomas Breitenbauch, Housing Services Program Supervisor. Tom has an extensive background in housing in Clark County including Housing & Essential Needs (HEN), transitional housing, permanent supportive housing, shared housing, rapid re-housing, and prevention making him a great addition to serve patients and to the Lifeline Connections team. It is a bonus that Tom also has a passion for serving patients in social services and working towards building a healthier community.

Tom's responsibilities at Lifeline Connections include oversight and supervision of housing staff, as well as the services they provide to patients. This role not only oversees direct housing but also supportive housing. Supportive housing is a combination of housing and services that are a cost-effective way to help people. Housing stability can be jeopardized when individuals are low income, houseless, have serious or persistent conditions that may include chronic disease, substance use disorder, mental health conditions, diverse disabilities or other conditions. Case Managers will work with the patients, landlords and other community providers to help patient's access housing during and following treatment.

Supportive housing seeks to address two key problems: 1) Without housing support, many struggle to overcome houselessness on their own due to housing barriers such as a lack of income, criminal history, evictions, property debt, bad credit, behavioral health concerns, and a lack of resources. 2) Without supportive services, patients may struggle to overcome behaviors that lead to the houselessness. Support services help guide patients in developing and achieving goals that promote healthy behaviors and provide the support and/or referrals needed to remain housed.

Lifeline Connections currently operates two housing units: Men's Recovery Residence (single-family house for men in recovery interested in living in a substance-free environment) and the K-House (single family house with a full finished basement and two kitchens for women in recovery.) We place patients currently receiving treatment at Meriwether Place (15 units). This location includes on-site clinical & case management support. Lifeline Connections also provides subsidized housing and case management to 5 additional households who were previously houseless and will be bringing on an additional 15 or more households over the next several months.

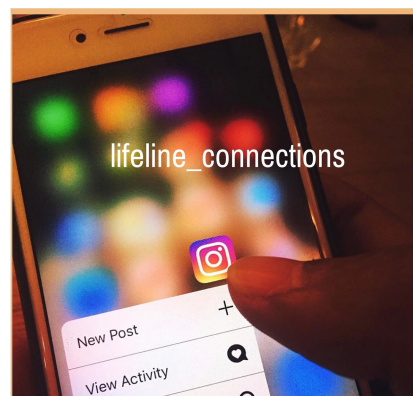
## Camp Mariposa® Report

Campers arrived at the first camp of 2020, Jan 17-19<sup>th</sup>, with high energy ready to greet their friends and play in the outdoors. Following a hearty dinner campers eyes lit up when each one received their own blanket donated by the Linus Project during opening ceremonies. Opening ceremonies also found campers and mentors performing a number of hilarious skits to demonstrate camp rules. Camp was filled with activities such as hiking, building a robot (Rusty), art projects, relay races, and cooking classes taught by camp chief Theresa and her two assistants Angel and Aiesha, where campers learned to make pasta. Although the pasta was a hit many campers still found pizza to be their favorite.

Evidence based therapeutic programs included: Signs of Suicide (SOS), signs of depression, recognizing if a friend is exhibiting behaviors outside of their norm, and how to react. SOS programming utilizes the ACT acronym; Acknowledge, Care and Talk (to an adult). The camp counselors and camp director were available to campers who expressed a desire to talk and process their feelings.

The weekend ended with a rousing game of capture the flag and a unique award of awesomeness. Over all, the camp was a great success! The camp wouldn't be possible without the many volunteer mentors who help make it possible.

If you are interested in becoming a volunteer mentor please contact Trista Wolles, program supervisor (360) 605-7628 or at [twolles@lifelineconnections.org](mailto:twolles@lifelineconnections.org).



**Lifeline Connections is now on Instagram! Follow us for even more updates on social media!**

**@lifeline\_connections**



## A Community of Warmth and In-Kindness

In an effort to keep our Lifeline community in the Clark County area warm this winter, Lifeline participated in two new in-kind drives; **Winter Warmth** and the **Burlington Coat Drive**.

The **Winter Warmth** drive ran through the entire month of November. With donation sites throughout Clark County we were able to collect over 1,000 hats, socks, gloves, jackets and blankets.

The **Burlington Coat Drive**, a partnership of Burlington and Delivering Good distributes coats to different local non-profit organizations. This year Lifeline Connections was chosen to be the recipient of coats donated to the Vancouver, WA store and brought in close to 150 coats.

Thank you to the friends, families, staff and community partners that made both of these drives such a great success. We are grateful to be part of such an amazing community!



## K-House - Lifeline Connections Opens Recovery Residence for Women

A new housing solution for women in recovery is opening soon. Lifeline Connections purchased and renovated a private 6 bedroom 3 bathroom ranch style home in Vancouver. The home includes two full kitchens and a full basement with a washer and dryer on each floor.



The Vancouver Affordable Housing Fund contributed \$100,000 and an additional \$100,000 was awarded by the Community Development Block Grant. Lifeline Connections funded the remaining \$200,000 of the project. Securing stable housing helps women in recovery establish and meet their recovery goals.

Referrals for the Recovery Residence are interviewed and those who meet the qualifications for residency are offered a month-to-month lease with affordable rent. The home occupancy has a maximum of 12 women, no men or children.

The attractiveness of this home is that it fosters support between residents in a calm, comfortable environment. For additional information contact Thomas Breitenbauch, Housing Program Supervisor  
tbreitenbauch@lifelineconnections.org

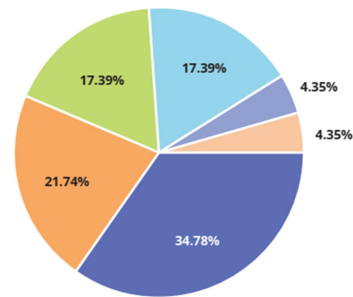
## MyStrength App Continues to Climb in Helping Its Users

### 2019 STATISTICS



**677**

Total myStrength users



### MYSTRENGTH SUPPORT APP AREAS THAT INDIVIDUALS UTILIZED:

- Drugs, Alcohol
- Depression
- Anxiety
- Mindfulness
- PTSD
- Stress

## Project Linus Makes Donation

One week before the January Camp Mariposa®, volunteers from Project Linus dropped off 50 blankets. Each blanket is handmade and unique; a perfect gift for a young child. Thank you, Project Linus!

### Project ♥ Linus



*"The best kind of sleep under heaven above, is under a blanket handmade with love"*

