



# Fall 2021 Newsletter

## New Treatment Option Will Open in Bellingham



Lifeline Connections in partnership with the Opportunity Council is excited to announce the opening of our Men's Low-Intensity Residential Program. This new substance use and mental health treatment facility will open late 2021. It will provide a safe, stable home for up to 16 individuals identifying as male while they receive the tools necessary to begin their transition back into the community.

The unique treatment program will have staff on-site 24/7 to ensure everyone's safe recovery. Individuals with co-occurring conditions often need staff-supported transition time. Residents will participate in mandatory treatment hours each week in support of their overall mission for wellness. Treatment services include:

- mental health and substance use treatment
- social skills development
- vocational and recreational programming

This program is one of less than a handful in all of Washington designed to address co-occurring conditions (mental health and substance use) at this level of care.

Service priorities will be focused on individuals involved in Whatcom County drug court, and then to the broader population. In addition, the full continuum of care offered by the addition of this level of treatment service is to prevent admissions and readmissions to jail.

### Program funders

The project is the culmination of strong community partnerships and funders including the Opportunity Council, who developed the facility and will continue to own and maintain the property. Additional generous support came from Bellingham Home Fund, Chuckanut Health Foundation, City of Bellingham, North Sound Behavioral Health Administrative Services Organization (BH-ASO), PeaceHealth, River Styx Foundation, Rotary Club of Bellingham, The Ferlin Family, Thomas & Martina Horn Foundation, Washington State Department of Commerce Behavioral Health Facilities Fund, Whatcom County Health Department, the Taxpayers of Washington State and Lifeline Connections.

## Upcoming Event for Giving November 30<sup>th</sup>

# GIVING TUESDAY

Each year on the Tuesday following Thanksgiving, there is a national effort to raise money for non-profits following Cyber-Monday.

This day allows for people to make a gift to their favorite non-profit as the season of giving begins.

Last year, nearly \$15,000,000 was raised across the country. As we continue to combat the pandemic, please remember those who are less fortunate and the basic needs they lack that we all take for granted. Lifeline Connections plays a large part in providing for those that have needs.

Please join us on Tuesday November 30<sup>th</sup> and make a donation to Lifeline Connections and our programs. Make a difference in your community.

## PACT (Program of Assertive Treatment) is open and accepting referrals in Bellingham!

Our PACT (Program of Assertive Treatment) Team is an incredibly passionate group of individuals that are dedicated to serving our community members. Each day, they are in the community helping their patients navigate through activities of daily living. For example, they help their patients make and get to their appointments, apply for jobs, ensure use of properly prescribed medication and provide emotional support.

Lifeline Connections' PACT Team is a highly-skilled multidisciplinary team of medical professionals. For instance they are ARNPs, RNs, LNPs, case managers and peer support specialists. Further, together they serve patients with persistent and sometimes severe mental health conditions. And with the level of support they give, these individuals can live independently and productively in our community while avoiding psychiatric hospitalization.

Do you have someone you would like to refer to the PACT Team?

The best way to refer someone to our PACT Team for an evaluation and possible treatment is to download and complete our referral form and release of information which can be found on our website:

<https://lifelineconnections.org/services/north-sound-p-a-c-t-program-of-assertive-treatment/>.

Then, you will fax the completed forms to (360) 306-8374.

If you have questions, you may also contact the Program Director, Julie Grendon with questions. She is dedicated to making sure everyone of our community members is given the tools to reclaim their lives.

P: (360) 397-8246 ext. 33018

E: [jgrendon@lifelineconnections.org](mailto:jgrendon@lifelineconnections.org)



Email [employment@lifelineconnections.org](mailto:employment@lifelineconnections.org) with your resume and Post ID# to apply for the following positions, or visit our website for a complete list of openings: [www.lifelineconnections.org/careers](http://www.lifelineconnections.org/careers)

Crisis Mental Health Professional #20-010 (Vancouver, WA)  
\$20.50-\$27/hour

Residential Aide – Men's Inpatient Program #20-003 (Vancouver, WA)  
\$14.00-\$15.25/hour

Substance Use Professional/Trainee (SUDP/SUDPT) #21-036 (Vancouver, WA)  
\$16.50-\$20.50/hour

Cooks #21-076 (Vancouver, WA)  
\$14.50-\$15.50/hour

Licensed Practical Nurse/Registered Nurse #21-002 (Vancouver, WA)  
\$22.00-\$34.00/hour

## Patrick's Road to Recovery



The transition from elementary school to middle school can be tough for any kid but was especially difficult for Patrick. Patrick grew up in a very rural community; the type of community where you know everyone. The average class size in the very small elementary school was 18 students with a maximum student body of only 110 in the whole school. Transferring to the middle school in Tumwater meant a change of schools and a complete change of environment. Patrick's love of music found him gravitating to the music scene where he found kids that were drinking.

In 2016, Patrick had given up on trying to get into treatment but happened to be seeing a nurse at SeaMar in Tumwater for a medical issue when she referred him to the addiction medicine department. A bed happened to be available the next day at Lifeline. He jumped on a train and found himself in residential treatment the next day with \$22 to his name and a bag of tobacco. He was scared and feared the unknown.

Patrick instantly found Alex, Residential Floor Staff, who was a diehard Seahawks fan so there was someone to connect with. Christi, a counselor, made a big impact and then there was another counselor that spent 45 minutes with him when he was experiencing severe depression, even though he didn't have an appointment with her. He knew that staff really cared and wanted to see him succeed.

When asked what was different about the inpatient treatment at Lifeline Connections he said he was just done. When entering treatment in the past it was to stay out of jail or he was fighting for his son. This time he was fighting for himself. The move from Tumwater to Vancouver allowed him to feel safe in Vancouver's strong recovery community.

Patrick found support and that made all the difference in where his life is today. He credits Kleen Street for providing housing, recovery coaches for requiring accountability, ATR funds for giving him a start, HEN (Housing and Essential Needs) for rent assistance, Blue Door AA Meetings and his strong work ethic, skills as a roofer, and goal driven personality to much of his success.

With years of sobriety Patrick keeps a laser focus on his goals which include his recovery, working toward his associate's degree, and having fun with his son and granddaughter.

Congratulations Patrick!

### Follow us on Social Media

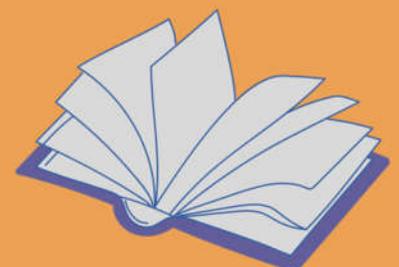


We are active on Facebook, Instagram and LinkedIn. Be sure to follow us for the latest news, events and recovery community information!

### Do You Want to Share Your Recovery Journey?

Many learn from hearing another person's story. If you are willing to share yours please email us:

[Marketing@lifelineconnections.org](mailto:Marketing@lifelineconnections.org)



## Transgender Day of Remembrance November 20<sup>th</sup>, 2021



Lifeline Connections is honored to be part of the Transgender Day of Remembrance Candlelight Vigil held this year on November 20<sup>th</sup>.

We will join Summer of Pride Clark County as they hold a candlelight vigil to celebrate the lives of those that our community has lost due to transgender violence.

Please join this two-part event and show everyone in our community that they are welcome and safe.

### Part I

Time: 5:30pm

Location: Dandelion Tea House 109 W 7<sup>th</sup> St., Vancouver, WA

Meet at Dandelion to view the display, pick up a program, candle, and purchase a hot drink if desired. Participants will walk together to the pavilion at Esther Short Park for the vigil at 6pm. Candles and programs will be available at the pavilion for those who would like to meet at the park instead.

### Part II

Time: 6:15pm

Location: Esther Short Park pavilion

Everyone will gather and begin candle lighting at 6:15pm. The event will commence once candles are lit.

## Meet Jeff Zawada: New Fund Development Director



Jeff started with Lifeline Connections in mid-August and brings over a decade of fundraising experience.

Much of his experience comes from his work with United Way of the Columbia-Willamette, The Historic Trust in Vancouver, OMSI and most recently Valle del Sol Behavioral Health Treatment Center in Phoenix, Arizona.

Jeff was fortunate to spend his first three weeks doing a 'brain-drain' from Jeri Mortimore, who transitioned into retirement after nearly ten years with Lifeline Connections.

Jeri leaves a lasting legacy having raised nearly \$30 million for the organization.

We will certainly miss Jeri, but are thrilled to welcome Jeff and look forward to his leadership in fundraising!

If you would like to reach Jeff to coordinate fundraising, organize a drive for our community to donate goods or food please call or email him.

P: (360) 397-8246 ext. 30548

E: [JZawada@lifelineconnections.org](mailto:JZawada@lifelineconnections.org)

## Personal Philanthropy and Tax Advantages

Lifeline Connections appreciates your kind donations made during the year. Your gifts support many programs and improve the lives of so many people. During this time of year many donors begin to review their personal philanthropy. Please make sure you consult your tax advisor regarding the benefits of gift giving. While you make your considerations, remember that many companies offer matching dollars for employees who make philanthropic contributions.

You may be able to multiply your gift and increase your impact on the community.

