

Spring 2022 Newsletter

Lifeline Connections is Part of a SW Washington Consortium that was awarded \$983,000 to Directly Help Youth

The Office of Superintendent of Public Instruction (OSPI) has chosen six community-based organizations (CBOs) to receive grants that will support learning, recovery and acceleration.

Family Promises of Clark County: Through this grant, students experiencing homelessness will be served through their Learning Center where they will receive K-12 educational support for the Camas and Washougal Schools. This includes daily after-school programs with qualified tutors, individual education planning, case management, education advocacy and credit recovery, access to food and other support services, post-secondary exploration, Free Application for Financial Student Aid (FAFSA) workshops and housing resources for the entire family.

iUrban Teen: iUrban Teen and Vancouver Public Schools (VPS) staff will partner to support students to re-engage with their education. Middle and high school students receive targeted, culturally responsive, wrap-around services that include: Social/emotional learning and counseling support, academic credits, advocacy, empowerment and leadership skills growth, summer learning and service learning opportunities, STEM+Arts career exploration and experiences.

Lifeline Connections: A full time Mental Health Professional (MHP) will be added to the existing school-based program. This staff member will focus primarily on students who are uninsured or have inadequate behavioral health insurance coverage and those who, for privacy or safety reasons, do not want their family insurance billed.

Council for the Homeless (CFTH): This grant will provide stability for students experiencing homelessness by promoting housing stability along with encouraging the development and implementation of collaborative strategies between CFTH, Vancouver and Evergreen Public Schools. In addition, it will encourage the development and implementation of evidence-informed strategies to address racial inequities among students and their families experiencing homelessness.

Partners in Careers: Students in this mentoring program will benefit by creating a sense of belonging and connection, building effective relationships with peers and positive adult role models, providing career awareness and preparation activities and connecting students to the community in culturally relevant ways.

Friends of the Children: The award will help Friends of the Children continue to spend three-four hours per week with each child and provide educational activities -- both in and out of the classroom -- that include promoting literacy and math skills, fostering positive peer relationships, advocacy for those children, acting as the consistent adult in a child's life, providing enrichment activities outside of school and engage with caregivers and helping the family access resources.



Thank You, Family Promises of Clark County

Recently, Family Promises of Clark County received a generous donation of Bombas socks. In an effort to help other community-based organizations within Clark County, they generously gave Lifeline Connections 300 pairs.

These socks will be distributed within our community and our programs at the VA Campus in Vancouver, WA including Men's Residential, Detoxification and Sobering.

Thank you, Family Promises of Clark County!

Upcoming Volunteer Fair



Many nonprofit, community-based organizations (CBOs) rely on the support of volunteers. Six Clark County SBOs will come together to host a volunteer fair this month.

If you or someone you know is looking to give back to the community and gain valuable work-related experience, join us!

When: Wednesday, May 25th from 5-7 p.m.

Where: iUrban Teen, 808 Harney St., Vancouver, WA

RSVP: Register [here](#) to confirm your attendance and connect with those in need of volunteer work.

Employee Spotlight from Bellingham, WA: Julie Grendon, MS, MHP



Born and raised on the Big Island of Hawaii, Julie's passion for helping others started at a young age.

She watched and worked along-side her father; supporting her island's communities and minority populations through economic and educational development and growth.

As a young adult and military wife, she had the pleasure of living in several states across the country. While adding to the diversity of her education and experience, it also showed her a familiar theme; hardship and stigma primarily due to behavior health needs.

Her journey to Regional Director truly began 17 years ago, when faced with the new adventure of being a widow with four young children.

Back to work and continuing her education, she began as a Case Manager for a co-occurring disorders agency and developed skills as an advocate for the various populations served by Lifeline Connections as well as becoming a collaborator for change with community partners.

As she worked toward her educational and vocational goals, the prevailing need was for patients and also for staff. For the last 9 years, she worked in direct service, collaborative and organization leadership positions.

This allowed her to directly effect change in the support of direct service professionals with an emphasis on recruiting and retention of personnel as well as development and sustainability of programs.

Julie says "Moving into the Regional Director position, there has been a predominant theme of embracing change and innovation as we come back to in person services in the North Sound Region. While Community Based Services have provided in person services all along, we are now transitioning toward in person services for all programs. We are growing in the space we occupy and will be welcoming a new Community Based Services office, complete with laundry facilities, and dedicated Housing and Employment Department in the near future! I am so happy to be a part of an agency that actively walks out our vision and values."

Join Our Team



Be part of making a difference in your local community. Working at Lifeline Connections gives you an opportunity to create lasting, meaningful change in those we serve.

We have a generous benefits package that includes tuition reimbursement, paid time off, medical coverage and many positions even include a hiring bonus.

Multiple openings for each position!

Email your resume to: recruiting@lifelineconnections.org to apply for the following positions, or visit our website for a complete list of openings:

www.lifelineconnections.org/careers

- Certified Nursing Assistant (Vancouver, WA and Bellingham, WA)
- SUDPT (Vancouver, WA)
- Mental Health Professional (Aberdeen, WA and Bellingham, WA)
- Mental Health Professional/Family Therapist (Vancouver, WA)
- Cook (Vancouver, WA)
- Licensed Practical Nurse (Vancouver, WA)

A Community Gathering Helps Future Lifeline Connections Patients

On April 26th Lifeline Connections hosted over 80 guests at Royal Oaks Country Club for an informational breakfast about Mental Health, Substance Use Disorder, community needs and our progress in serving the Clark County community during and after the pandemic.

Board Chair Brian MacKenzie opened the session, with Interim President and CEO Joe Foster providing highlights of our financial status and program updates. We then welcomed Nichole Peppers, Executive Director of SWACH who provided details on collaborative efforts in the community to assist people with services and help the most underserved in our area.

The final speaker was Billy Peck, a former Lifeline Connections patient, who works at Community Voices are Born (CVAB). His powerful story was a wonderful way to close the event and show how important behavioral health needs are within the community.

Many attendees also donated money at the event to support Lifeline Connections' scholarship program; a fund that helps clients who are unable to pay for services. Overall, the event was able to raise over \$5,000!

Thank you to everyone that joined us and to those who continue to support Lifeline Connections.



ADIS Comes to Aberdeen



We are excited to announce that ADIS (Alcohol and Drug Information School) is now available at our Aberdeen, WA location!

ADIS is designed to help individuals make positive life changes so they can eliminate high-risk behaviors (such as using substances while driving, which can result in being charged with DUI/DWI).

This class will be the third Saturday of each month and be held from 8:00am – 5:00pm.

If you would like to attend, please call the [Aberdeen](#) office directly.

311 S. I St.
Aberdeen, WA 98520
P: (360) 787-9319

Recovery Resource Center Celebrates Four Years!



The Recovery Resource Center (RRC) is still here and celebrating their fourth anniversary!

You are invited to celebrate this milestone with fun for the entire family.

There will be live music, food*, cake*, a raffle, fun activities for the kids and guest speakers that will highlight the RRC's history, perseverance through the pandemic and where the future will go. There will also be an individual that will share the impact the RRC has had on their life personally.

RSVP [here](#) so we know you'll join us! There are indoor occupancy limits.

When: June 4th, 11:00am – 2:00pm
Where: 9317 NE Hwy. 99, Ste. M, Vancouver, WA

*While supplies last

Mental Health Recovery Patients and Their Stories after Crisis

"I was just released yesterday to a Very nice hotel that they paid for. I am now stable. I stayed for 11 days.

This place is truly God-sent. The best care I've ever received.

I came in suicidal. Today I am alive in Christ.

The staff are wonderful. Supportive, caring, attentive, genuine, loving, kind,...Christ-like.

Yes a place like this exists. No judgment, just love. I recommend this mental health retreat to all who feel hopeless and afraid.

You are not alone. Most amazing things happened." ~Former Patient

...thank you so much.

I appreciate all of the help everyone gave me at my lowest point in life. I am now getting My own apartment and have a great Job. I wish everyone has a great rest of the year and keep Helping the ones that need it.

"I thought I wrote a review before but I don't see it. So I simply must write once again: Lifeline Connections Crisis Wellness Center (the one I went to, on Lower River Road in Vancouver, WA was amazing.

They have nurses on duty to help you wean onto new meds. To help you after you have gone to detox but aren't ready to go home. To help people who have just mental health problems and not substance abuse problems, which was my case. You are around other people which is huge. I had to slow down and let others take care of me instead of me trying to go it alone yet again. That was huge.

If I were 20 and went into there, I'd be homesick. But I am over 50... it's was almost like a vacation (had I not been terribly depressed, of course.) Going there undoubtedly helped "arrest" the spiral I was going into. You can speak to a prescriber, are fed every meal, always snacks and beverages available 24/7, your own room, nice showers and supplies, and things to pass the time with fellow sufferers, as misery *needs* company.

You can leave when you want, with some check-out procedures. It's free to stay there with Medicaid. I stayed 8 nights. They even have mini support groups throughout the day you can go to or not. Nothing overwhelming. I had terrible anxiety when I went in and just paced around and was teary, but everyone there could relate. Knowing that place is there now, should I ever feel suicidal again, is HUGE.

As a thank you, I've been sending them fidgets (toys for anxious people) and various board games, because you kind of have to pass the time while waiting for new meds to kick in, or pass the time waiting for alcohol cravings to abate, etc." ~Former Patient

How You Can Help

Lifeline is a tax-exempt nonprofit organization. Your donations make recovery possible by ensuring people get help when they need it.

Giving is easy! Visit www.lifelineconnections.org/how-you-can-help/ for easy, secure on-line giving. You can also contact us at development@lifelineconnections.org or call (360) 397-8246 ext. 30548 to discuss how your gift can make the most impact. Thank you!

