

# Summer 2023 Newsletter

## A Lifeline to Wellbeing

Lifeline Connections welcomed Khalid Asad, Ph.D. Candidate, national expert on leadership and organizational change, and published author, as the Keynote Speaker during our annual fundraising luncheon on September 7, 2023, at the Royal Oaks Country Club.

During the event, Khalid shared how he and his family were given lifelines to inspire hope, help, and healing for our community. Sheriff John Horch shared personal anecdotes about the critical need for our life-saving services. Lifeline Connections' President and CEO Andrea Brooks, MSW, LSW gave an overview of our organization and spoke about our bright future.

Thank you to the sponsors who made this event possible:

### Silver Sponsors:

[Riverview Bank](#)

[Vancouver Housing Authority](#)

[Kaiser Permanente](#)

[Lockton](#)

### Bronze Sponsors:

[More Power Technology](#)

[Group Moss Adams](#)

[3 Tree Tech](#)

[Community Health Plan of WA](#)

[Brian & Beth Barry](#)

[NORPAC](#)

[Ginn Group](#)

[SWACH](#)

[Recovery Café Clark](#)

[County Sharp Realty Group](#)

[Opsahl Dawson](#)



## [ITA Inpatient Program](#) is Now Open

This 16-bed program provides safe, supportive care 24/7 for individuals on a mental health or substance use disorder involuntary hold.

Our interdisciplinary team of medical professionals includes Substance Use Disorder Professionals (SUDPs), Mental Health Professionals (MHPs), and Case Managers. This compassionate team of professionals provides behavioral health assessments, individual and group sessions, knowledge about medication, and connections to community resources for support and continued stabilization.

We work to enhance our patient's quality of life, help them build resiliency, and restore and improve overall functioning. Our goal is to support their successful integration back into the community.

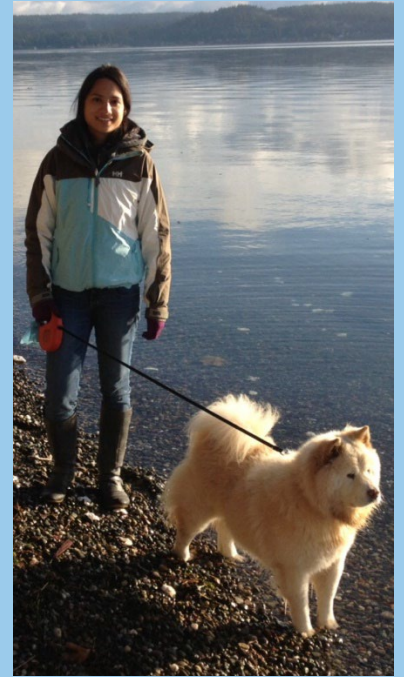
## Employee Spotlight: Kay Hockeiser

Kay Hockeiser knew early on when choosing her career path that behavioral healthcare was her passion. Inspired by her own family's experiences with mental health conditions, she always thought she would serve children, but the community-based aspect of the North Sound PACT Team chose her.

When Kay met her Director, Julie Grendon, she was impressed with the strength-based approach to leadership and Julie, in turn was equally impressed with Kay's natural aptitude for understanding processes and intricacies.

It wasn't long before Kay advanced to become the Mental Health Outpatient Clinical Supervisor overseeing the [North Sound PACT](#) Team. Julie credits the un-siloing of programs and care coordination across the region to Kay and is always grateful for her incredible ability to remember the WAC so well.

Kay's passion for community-based behavioral healthcare comes from the incredible recovery stories she gets to witness every day; when clients succeed and go from incredibly high needs to finding employment and spending time with friends.



Make a difference in your local community! Lifeline Connections offers an opportunity to create lasting, meaningful change in our community.

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

Clinical and administrative positions are available!

[www.lifelineconnections.org/careers](http://www.lifelineconnections.org/careers)

- Mental Health Professionals (Bellingham, Mount Vernon, and Vancouver, WA)
- Data Entry Specialist (Vancouver, WA)
- Case Managers (Vancouver and Bellingham, WA)
- Nurses (Vancouver, WA)
- Residential Aides (Bellingham and Vancouver, WA)
- Administrative Assistant (Vancouver, WA)

## 2nd Annual Windhaven Ride for Veterans



**August 26th, 2023**  
Ilani Casino, 1 Cowlitz Way, Ridgefield, WA

The American Legion Tum Tum Post 168, in concert with the American Legions Riders Chapter 168, the American Legion Family, and Lifeline Connections held their 2<sup>nd</sup> Annual Windhaven Ride for Veterans on August 26<sup>th</sup>, 2023.

Thank you to the sponsors who made this event possible:

<u>Ilani Resort</u>	<u>Cowlitz Tribe</u>
American Legion Riders Post 168	Clark County Sheriff
Cowlitz Tribe Police Department	Riverview Bank
Whiteheart	

There were also many private donors that chose to remain anonymous.

Lifeline Connections will host a private dinner to honor the sponsors on September 18<sup>th</sup>, 2023. During which the American Legion Riders will present them with a check, unveiling the amount raised that will directly fund scholarships for our Windhaven Veterans Program.

## Lifeline Connections Announces

### New Chief Operations Officer, Victoria Nita

Meet [Victoria Nita](#), a pivotal member of the Lifeline Connections team since 2007. With an unwavering commitment to customer service and relationship-building, Victoria has been instrumental in fostering positive outcomes for all she serves.

Her dedication extends beyond just meeting needs, as she ensures both internal and external customers receive unparalleled urgency and excellence in every interaction.

Victoria is not only a strong supporter of the agency's mission but also a firm believer in its profound impact on the community.

Her dedication to this cause shines through in her daily work, where she's honored to stand alongside her colleagues at Lifeline Connections.

As a passionate advocate for mental health and well-being, Victoria embodies the spirit of compassionate care and unwavering dedication that defines Lifeline Connections Behavioral Health.



## Medication Assisted Treatment Across Washington State

Medication Assisted Treatment uses FDA-approved medications to reduce withdrawal and cravings or to block the effects of opioids and alcohol.

We have five locations across Washington State to serve you, many with walk-in hours. If you or someone you know wants to overcome a reliance on prescription pain medication, heroin, or alcohol, our medication assisted treatment and recovery program can provide the needed support.

Individuals interested in immediate access to this lifesaving medication can walk-in for our Rapid Response Clinic at the following locations during specified dates and times.

- [Bellingham Office](#) – Monday – Thursday 11:20am-1:30pm
- [Concrete Office](#) – Tuesday 10am-2pm
- [Continental Place \(Mount Vernon\) Office](#) – Monday – Thursday 11:20am-1:30pm
- [Orchards \(East Vancouver\) Office](#) – Monday, Wednesday, and Thursday 9-11am
- [Oak Harbor Office](#) – Wednesday 10am-2pm

## Open Access to Assessments in Vancouver, WA

Walk-in substance use assessments are now available for adults in our [Vancouver, WA](#) office!

Individuals are encouraged to come Monday – Thursday, between 12:00pm – 3:00pm and will be seen on a first-come, first-served basis.

**Location:**  
Lifeline Connections  
1601E. Fourth Plain Blvd.  
Bldg. #17, MOD B  
Vancouver, WA 98661  
(360) 397-8246 ext. 0



## Follow Us on Social Media



## Patti's Recovery Journey

Patti has found hope. help. and Healing through Lifeline Connections Crisis Wellness Center, Mental Health Pathways, and Supportive Housing Programs. She is passionate to educate the Clark County Community that Lifeline Connections treats more than substance use disorder.

On Mother's Day 2021, just one year after losing her mother, Patti's ex raped her for the last time. She was emotionally shattered and living in a neighboring county. Patti ended up in the hospital twice before being referred to a Domestic Violence Shelter. Thankfully, the shelter staff could see that Patti needed additional mental health support and referred her to Lifeline Connections' Crisis Triage and Stabilization Center (CTS).

She found a safe, warm, non-judgmental healing environment. When she felt well enough to leave, CTS staff worked to place her in a safe shelter in Clark County. Unfortunately, the shelter environment was not good for her mental health and after a few months, she returned to CTS. When asked why she went back to CTS she said "I felt so safe the first time, I knew they would help me. Besides that, the food was fabulous!"

Upon discharge this time, Patti was referred to Lifeline Connections' Mental Health Pathways Care Navigator Bre Jaimes and Supportive Housing Specialist Mark Holan. Patti credits Bre "with giving me my voice." This newfound skill has allowed her to take more control of her life in many avenues but most notably with her healthcare provider. Mark helped her to get into her own apartment.

When her mother died it brought out all the trauma from childhood. Through therapy with Lifeline Connections' Mental Health Professional, Dan Scott, she came to realize that the trauma ran into adulthood and made her co-dependent. This meant living on her own is completely new for her!

Patti states: "Dan has been amazing! If we hit on a tender subject, he lets me decide if I want to keep going or change the subject. He is the best therapist I have ever had!"

"Every interaction with Bre is so positive. She gives me encouragement. She goes out of her way to make sure I have what I need and that I stay on track. There have been moments when I think I could do something to end my life, and nobody would know for weeks on end. Recently, Bre texted and did not get an answer. The next day she called and did not get an answer because I was out in my yard. The next thing I know, Bre is standing on my doorstep checking on me."

"If I were to rate the help I've gotten from Lifeline Connections it would be 100%. I cannot say enough positive. Lifeline does not punish the victims for being victimized. Everyone has been so nice, eager, willing to help, and nonjudgmental, which is very hard to come by. There are people out there that don't know what is available through Lifeline Connections. I am committed to using my voice to let them know!"

Patti has six adult children including one set of twins and 14 grandchildren. Her kids are a big support along with her emotional support dog and best friend *Sweet*.

## How You Can Help

Lifeline is a tax-exempt 501(c)3 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/](http://www.lifelineconnections.org/how-you-can-help/) for easy, secure on-line giving. You can also contact us at [development@lifelineconnections.org](mailto:development@lifelineconnections.org) or call (360) 397-8246 ext. 30548 to discuss how your gift can make the most impact. Thank you!

