

Winter 2024 Newsletter

Lifeline Connections: A Year of Gratitude

On December 12th, 2023, Lifeline Connections gathered with community partners and supporters for our annual community appreciation event, *A Year of Gratitude*.

Andrea Brooks, President & CEO, highlighted Lifeline Connections' 2023 accomplishments, which included:

- Launching Primary Care Services for screening and treatment of minor infections, cold symptoms, and injuries,
- Launching walk-in same-day SUD Assessments at our Clark County and North Sound locations,
- Opening our Involuntary Treatment for Adults (ITA) program,
- Expanding school-based and adolescent treatment to include ages 5-12,
- Celebrating with nearly 200 supporters at *A Lifeline to Wellbeing* Luncheon in September 2023,
- And returning to 24/7 admissions at Withdrawal Management.

These accomplishments were made possible by our community partnerships. Thank you for your support! We are honored to have recognized the following annual award winners and nominees during the event:

- **John Cox Award of Excellence:** Sheriff John Horch, Clark County Sheriff's Office
❖ *for advocating and championing the need for and the importance of behavioral health treatment in our community*
- **Community Partner Award:** Dr. Heidi Radlinkski, PeaceHealth Bloom Clinic
❖ *for partnering with Lifeline Connections for the benefit of individuals served by Lifeline Connections*
- **Service Champions:** Karolyn Vercher, Heather Torgensen, Teresa Ainsworth, Michelle Forken, and Reinhardt Ryden
❖ *for Lifeline Connections' frontline staff who consistently display deep care, compassion, and dedication to serving individuals with behavioral health conditions.*

Gratitude Door Prizes were generously donated by Lan Su Chinese Garden, Portland Japanese Garden, Leach Botanical Garden, the Ilani Casino and Resort, and Beaches Restaurant.

We are Hiring!

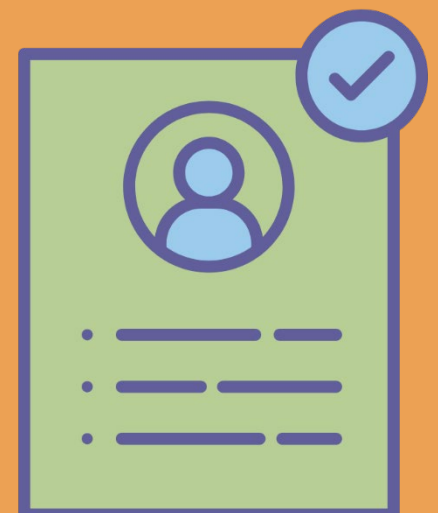
Are you or someone you know looking for a meaningful career? We have many openings across Washington.

Lifeline Connections offers a generous benefits package, including almost four weeks of PTO within the first year for full time employees, 12 paid holidays, and more! Many positions include a hiring bonus!

Review the full list of current openings [here](#) or see if any of the below positions are a good fit for you!

- **Mental Health Professionals** – Vancouver and Bellingham, WA \$25-\$35/hour and \$5,000 hiring bonus
- **SUDPT** – Vancouver, WA \$19.75-\$21.25/hour
- **Men's Low-Intensity Program Director** – Bellingham, WA \$69,000-\$79,000/year
- **Certified Medical Assistant/Medical Assistant** – Vancouver, WA \$18.25-\$19.75/hour
- **RN/LPN, ITA Inpatient** – Vancouver, WA \$25.25-\$36.25/hour and \$2,000 hiring bonus

**APPLY
TODAY!**



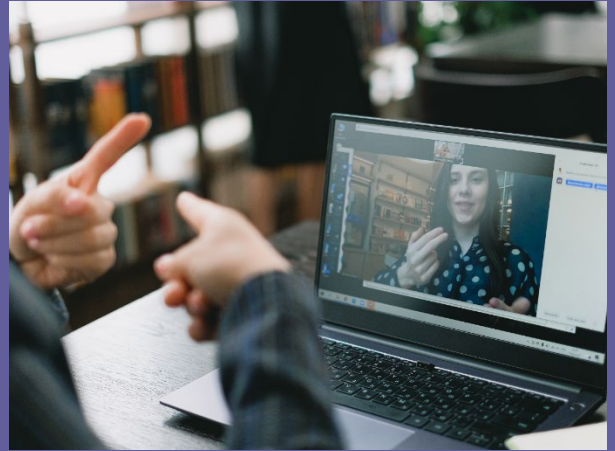
Deaf and Hard of Hearing Mental Health Services via Telehealth

Lifeline Connections offers mental health services to Deaf and Hard of Hearing adults and youth using American Sign Language (ASL) via Telehealth. Individuals need to reside in Washington State with valid state or private insurance. Outpatient services include:

- Assessments
- Individual therapy
- Medication Management (with an interpreter)

Services are culturally and linguistically aligned for Deaf individuals. To schedule an assessment, individuals can call (509) 850-9029 (VP) or (360) 984-5511 (voice).

Patients in Vancouver, WA can also choose to be seen in-person.



Development Department Update



Lifeline Connections is excited to introduce Development Director Christopher Hughes.

His background includes development throughout the Pacific NW, including Belize Arch, Community Vision, and Lan Su Chinese Garden.

Most recently, he worked at Lan Su Chinese Garden where he oversaw the membership program, including membership growth, events, community partnerships, fundraising, marketing, and community development.

Raised by medical professionals, the incredible value of community health has been ingrained in Chris since childhood. He is elated to contribute his skills and knowledge to support the meaningful, and often life-saving work, done at Lifeline Connections.

Medication Assisted Recovery Expands to Serve Anacortes, WA

[Medication Assisted Recovery \(MAR\)](#) is now available in [Anacortes, WA](#) on Wednesdays from 10am – 2pm inside the Anacortes Family Center.

Location:

2702 Commercial Ave.
Anacortes, WA 98221
(360) 903-2553

Call ahead for your appointment!

Animal Assisted Therapy Update

Previously only available to veterans, this [treatment option](#) is now open to all adults. This is a wonderful stand-alone therapy option or addition to an existing treatment plan.

Individual Offerings:

- Individual Counseling Services

Group Offerings:

- Mindfulness with the Herd
- Equine-Assisted Psychotherapy for PTSD
- Recovery with Horses
- Windhaven Veterans Program

For more information follow the link or contact Kara Seibert directly.

P: (360) 605-6096

E: KSeibert@LifelineConnections.org

"I'm communicating better"

"My confidence is building"

"I feel comfortable enough to be un-guarded"

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@Lifeline_Connections

Free Question. Persuade. Refer. (QPR) Training

The QPR technique is used to recognize the signs of someone at risk of suicide, to offer hope and refer the person to care. A key element of QPR training is learning how to begin the conversation when you have a concern that someone may be thinking of suicide.

This training is presented by Lifeline Connections and is open to the public at no cost in Clark County, WA. For questions, contact instructor, Jilana Nunn, jnunn@lifelineconnections.org.

[Reserve your spot](#) today for one of the below options! Seats are limited.

- Wednesday, March 20th, 10am-11:30am



Employee Spotlight: Reinhardt

Reinhardt has had a unique journey in his career at Lifeline Connections. He started out as a volunteer at the Recovery Resource Center in 2019, then became a Residential Aide at the Vancouver VA Campus, moved to a Peer Support Specialist at the Crisis Wellness Center, and then became one of the first to join the Apprenticeship Program as an SUDPT.

With school occupying one full day a week, he splits his time between the Medication Assisted Recovery (MAR) program, Crisis Wellness Center, and Withdrawal Management program providing substance use disorder assessments, groups when needed, and overall support to the patients he sees, drawing on not only his previous Peer Support role, but his lived experience. Approaching ten years in recovery, Reinhardt is able to truly understand and build meaningful connections.

In addition, he provides assessments one day a week in White Salmon, WA to help the Klickitat County community connect to services. There are also occasional weekends providing assessments in the field as he supports our Homeless Outreach, Stabilization, and Transition (HOST) Team.

The Apprenticeship Program pays for school and has allowed Reinhardt to not only explore almost all the programs that Lifeline Connections offers but gives him paid on-the-job training.

Seeing patients before and after utilizing Lifeline Connections' services and programs to their fullest potential brings passion and meaning to the work Reinhardt does. This once shy teenager plans to stay with Lifeline Connections when his apprenticeship ends in February 2024 and continue to contribute to the programs he currently spends his time in.

If you or someone you know is interested in applying for the Substance Use Dependency Professional Apprenticeship, click the link and submit your application today. The pay ranges from \$21-\$25.20 per hour and includes medical, dental, vision, and generous PTO!



[Apply](#)

Mental Health Options for Youth in Vancouver, WA

Many of our younger community members experience stress, anxiety, and depression.

These topics can be difficult for parents to navigate on their own. There can be outside influences like a loved one's substance use or mental health conditions, too

In an effort to continue our mission to inspire hope and provide lifesaving changes, we offer mental health treatment to individuals aged five and older at our Orchards (East Vancouver), WA location.

To begin your child's journey to health and wellness, please call (360) 984-5511 to schedule an initial intake.



Community Connections

Lifeline Connections was honored to participate in dozens of community events statewide in 2023. Thank you to all our community partners for their dedication to our community.



Support Lifeline Connections' Life-Saving Work.

Donate today!

Richard's Road to Recovery: "Life's Better Clean"

When I think back to the age of 12, life was throwing some serious curveballs my way. Struggling in school and witnessing my parents' split after a rocky time in a Catholic school had me feeling like I was on a rollercoaster. The rebellion kicked in, and I switched to a public school in 6th grade, which brought a bit of relief. But the fights at home between my parents persisted.

High school hit, and I found myself tangled in the dark web of cocaine, drinking, and eventually, the dangerous territories of crack and meth. This journey cost me dearly – relationships, jobs, and a stint in prison. Even though I seemed to be functioning well from 2000 to 2011, everything was slipping through my fingers without a plan.

The turning point came with a series of assault charges and a revolving door in and out of jail from 2017 to 2019. Then came February 2020, during the chaos of the COVID-19 pandemic. That's when I walked into Lifeline Connections in Bellingham, WA, and on April 3, 2020, I got a bed in residential treatment. Since April 4, 2020, I've been clean, and every day feels like a blessing.

Before Lifeline Connections, I'd sought help more than 20 times. This place, and the incredible staff – Krystal, Wendy, Roger, Marrie, Shauna, Ryan, Conrad, Liz, and more – became my lifeline. The resources seemed infinite, and my counselor, Krystal Ryan, kept me on track with prep work for my steps when I got a sponsor after finishing with Lifeline Connections.

In treatment, I discovered my own selfishness and learned to trust the process wholeheartedly. Why not trust something that I could see working for others? Lifeline Connections equipped me with skills that I still carry with gratitude today – listening better, being kind to others, and staying actively connected with those in recovery.

Sobriety has utterly transformed my life. Gratitude fills my heart as I've rebuilt broken bridges, assisted in rescuing dogs, and stepped into a business in the service industry – something completely out of my comfort zone. It's not just about getting my life back; it's about constructing a life I couldn't fathom before. Life is undeniably better clean, and for that, I'm immensely grateful.



Additional Mental Health Treatment in the North Sound Region

Our North Sound offices now offer Eye Movement Desensitization and Reprocessing (EMDR) therapy to individuals 13 and older. This is a psychotherapy treatment that is designed to alleviate the distress associated with trauma, Post-Traumatic Stress Disorder (PTSD), and other traumatic experiences. Contact our offices to begin.

[College Way \(Mount Vernon\) Office:](#)

(360) 397-8246 ext. 33150
1413 E. College Way
Mount Vernon, WA

[Bellingham Office:](#)

(360) 922-3030
4120 Meridian St. Ste. 220
Bellingham, WA 98226

"I'm just so grateful for a life of sobriety," says a former patient, "and all the possibilities my future holds."