



July-September 2023



Quarterly Prevention Newsletter

What is the Prevention Newsletter?

The Prevention Newsletter is essentially a newspaper that surrounds all things prevention in Pacific County. Community partners provide program news or updates, including upcoming events, and they are all shared here for you!

A newsletter will be created once a fiscal quarter and be provided to as many programs, businesses, and social media outlets as possible. We hope you enjoy!



Prevention Topics

- Opioid Misuse
- Suicide
- Alcohol
- Tobacco
- Health Inequity
- Youth Cannabis



Calendar

Looking for upcoming events in the community? A calendar and flyers are provided towards the back of this newsletter.

988
24/7 Crisis
& Support



The Prevention Newsletter is provided by:
Pacific County Public Health and Human Services

Local Programs, Coalitions, and Businesses

Pacific County Public Health and Human Services



Pacific County Public Health and Human Services (PCHHD) is a department within Pacific County who works towards health equity in our county while also advising the public on health practices. Our vision is active, healthy families and people of all ages, abilities and cultures living, playing and working together in thriving communities throughout Pacific County.

Peace of Mind Pacific County



Mission: provide education, advocacy and peer support for brain health and mental wellness.

The Vision: Peers engaged in recovery through educational programs, workshops, seminars, support groups and collaborative events promoting self-advocacy and hope for recovery of brain health and mental wellness.

History: Originally started as a National Alliance on Mental Illness chapter in 2005. Left NAMI amiably in 2016 to become incorporated as Peace of Mind Pacific County, a WA state registered non-profit. Currently waiting on 501c3 approval

Membership is free and open to anyone with an interest in mental wellbeing and brain health. For more information call: 360.642.3448 or email: info@pompc.org. Find us on Facebook!

Crisis Support Network



Our agency was established to provide help to those who are the victims of domestic violence, sexual assault, or other violent crime. Please don't wait to seek help. We are here for you now, in a safe, discreet, and professional space. Please go through our website to find services and resources that may just save your life.

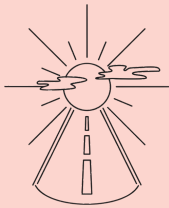
And remember, you didn't cause the violence. Please get help!

Wellspring



WellSpring Community Network is a grassroots organization made up of individuals and organizations dedicated to promoting physical, emotional, spiritual, and mental wellness in South Pacific County. Our mission is to support community wellness in South Pacific County through active collaborations.

Road 2 Resiliency (R2R)



We are a South Bend based prevention coalition, utilizing community collaboration to decrease youth substance misuse. We work with community partners to provide pro-social opportunities for our youth, and education to caregivers, school staff, professionals and our youth. We couldn't do any of this without our wonderful community - come join us!

True North ESD 113



True North Student Assistance and Treatment Services provides comprehensive behavioral health services to school-aged students. We are a service of Capital Region ESD 113 in Grays Harbor, Lewis, Mason, Pacific, and Thurston counties. True North is certified by the Department of Health as a provider for outpatient and intensive outpatient treatment services.

Teen Advocacy Coalition



The Teen Advocacy Coalition (TAC) serves North Pacific County from Bay Center north, including the Raymond, South Bend, and Willapa Valley School Districts. The mission was to coordinate efforts to address youth substance use and to promote good mental health.

TAC provides and/or supports many programs and events for both students and the community as a whole. These include Red Ribbon Week, National Drug and Alcohol Facts Week, Sources of Strength, After Prom Party, Guiding Good Choices, Second Step, Youth Mental Health First Aid, QPR (Question, Persuade, Refer), Only 7 Seconds, National Night Out, 5K Color Run, Movie Night, and Holiday Party.

TAC meetings are held the second Monday of every month with the board meeting at 2:00 pm and the coalition meeting at 3:30 pm. Committees meet as needed and report out at monthly meetings.

Know and Grow



Know and Grow is a partnership of local organizations and individuals interested in creating, promoting and supporting early learning programs and resources for children ages birth-5 in North Pacific County.

SUPPORT: Communities, families, caregivers, and providers through parent education, play and learn groups, training support, advocacy, and community involvement.

CONNECT: Partners include business owners, schools, libraries, community agencies, early learning organizations, health providers, state agencies, and local, regional, and state-wide elected officials and decision makers.

INFORM: Exchange information to support local, regional, and state communication, including data mapping, home visiting, and DCYF efforts around Early Achievers, WaKIDS, and Standards Alignment.

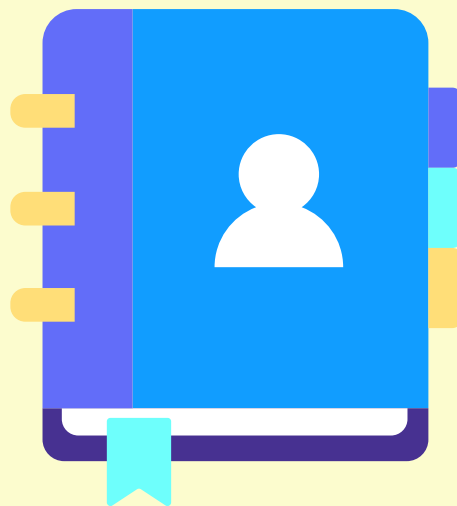
Valley View Health Center



Our Mission: To improve the health and well-being of the community by providing quality and compassionate healthcare services in a patient-centered atmosphere respecting individual and cultural diversity.

About Us: Valley View Health Center is a non-profit community health center providing access to medical, dental, behavioral health, pharmacy, and telehealth services to our communities. We have 13 clinics in Lewis, Thurston, and Pacific counties. A sliding fee discount based on family size and income is available. To partner and promote health care in North Pacific County, call our Raymond Clinic at 360.942.3040, email us at administration@vvhc.org, or find us on Facebook!

Does your program/ business want to be listed as "Local Programs, Coalitions, and Businesses"? Contact the Pacific County Public Health and Human Services Department to submit your information for the next newsletter.





EVENTS

April-June Events Snap Shots

Local programs and businesses always have amazing events happening for the public! Below is a snapshot of some of the events that happened in the last few of months.



Sources of Strength Week

TAC
April 10th-14th

Sources of Strength Week was April 10th through the 14th at Raymond, Willapa Valley. Each school had activities planned for each day of the week during lunchtime to engage students in Sources of Strength content including Mentor Day,

Thankfulness tree, Pajama day to support health and wellness, gym games for physical health and more.

In Willapa Valley school, they had a huge hit of activities starting with Mentor Monday where they celebrated their teachers and people in their lives who have helped and encouraged students on their journeys.

There were multiple days of activities and mindfulness strategies that their prevention club hosted during lunch time.

To end the week with excitement, the prevention club hosted Friend Friday. It included games or corn hold, BUMP, racing Tic Tac Toe and prizes from TAC. This provided a safe environment for friends to participate in activities and get to know our club and what sources of strength can really stand for.



RX Takeback

TAC
April 22nd

April 22nd 2023 we had a booth set up in front of Pioneer Select Grocery from 10am to 2pm with coffee and cookies. Resource partners Valley View Medical Center tabled during the event sharing resources and information. Law Enforcement partners from Raymond and South Bend Police Departments were present for the event. We took back over 22 pounds of expired or unused Prescription drugs.



Takeback table set up outside of Pioneer Grocery in South Bend, WA.



After Prom Party

**Pacific County Teen Advocacy Coalition, Family Navigators
May 6th**

Teen Advocacy Coalition's (TAC) Annual After Prom Party was held at the Koplitz Fieldhouse on May 6th. It was an amazing tri-district event that all high school students attended from 7PM-1AM. The purpose of the event is to provide a safe and sober space for Juniors and Seniors to go after Prom. Special features included fresh made tacos, shave ice provided by Beach Bus Shave Ice, music, dancing, and games. There were 155 students that attended

the event on Saturday and even more student volunteers that helped set up and clean up the gym for the event. Board members of TAC, parents, and community members all volunteered their time to chaperone the APP to make the event possible. Officers from Raymond Police Department, South Bend Police Department and the Pacific County Sheriff's Office attended and provided positive and engaging interactions with students.

Valleyview Community Resource Fair

**Valley View Medical Center, TAC
May 7th**

TAC participated in the Valley View Health Center 'Health and Wellness Fair' on Sunday May 7th from 1 to 4pm at 300 Ocean Avenue Raymond, WA. This event provided an afternoon visiting health and wellness resource booths, receiving Covid-19 and Flu vaccinations and free books for children.

VALLEY VIEW HEALTH CENTER
vvhc.org

HEALTH & WELLNESS FAIRS
Health is WEALTH

Enjoy an afternoon visiting health and wellness resource booths, receiving Covid-19 and Flu vaccinations... and pick up FREE books for your children!

Valley View Health Centers
1:00 - 4:00 PM

April 29 • Saturday • Olympia
3775 Martin Way E STE A

April 30 • Sunday • Winlock
100 Cedar Crest Dr

May 6 • Saturday • Chehalis
2690 NE Kresky Ave

May 7 • Sunday • Raymond
300 Ocean Ave

RAIN or SHINE...we are bringing in some tents!!!

- Free plates of food and a drink for the first 50 people at each site!
- Incentives for Covid-19 vaccinations such as grocery store gift cards
- Kid Zone featuring storytelling, free books, face painting, coloring, and a clown!
- Cash Prize Drawings and Health and Wellness Resource Booths
- Learn about the Working Families Tax Credit of \$300-\$1,200

Experience a Variety of Demonstration Booths...

- Salsa South Sound: Learn Salsa, Rumba, and Latin Dance
- Centralia College Early Learning: Tools for Parents with Preschoolers
- The Hive: Art and Body Movement Studio: Jumpstart your Healthy Habits
- Plus...backyard gardens, composting, stress reduction techniques and more!

Tu Hogar

AMERIGROUP COMMUNITY HEALTH PLAN coordinated care MOLINA United Healthcare

YourHomeWA.info

EQUITY INSTITUTE



Peace of Mind Wellness Walk

**Pacific County Peace of Mind
May 20th**

The annual Peace of Mind Wellness Walk was held May 20th at the Bolstad Beach Approach in Long Beach. Community members who attended were able to have

breakfast or lunch from the Lions, walk through the amazing inflatable Mega Brain, meet Kyndal Ray (an amazing advocate for mental health and recovery), walk for mental health awareness, and participate in other family-friendly activities. The Hope Floats fundraiser was also back. Floats were painted ahead of time and were able to be bid on online to raise money for Peace of Mind Pacific County. The money raised goes directly to funding the all-volunteer organization.

Adventure Day

**Pacific County Health and Human Services
May 22nd-June 2nd**

During the end of May beginning of June, Pacific County school districts participated in Adventure Day for the first time again since the beginning of the pandemic. During Adventure Day, students learn teamwork skills, bond with classmates, gain confidence, and develop problem-solving strategies. Health department employees were trained and certified by a national agency to guide students through each obstacle safely. The students were fantastic and showed great growth by the end of the day.



Adventure Day group participating in Whale Watch. In this element, they need to work together to balance the giant platform!

Community Conversations on Opioid Use Disorder

Pacific County Health and Human Services
June 2nd



Recovery Center of Excellence

During the last week of May, Pacific County was fortunate to get a visit from Tedra Cobb from the University of Rochester Medical Recovery Center of Excellence. Tedra facilitated many conversations on opioid use between community members. The point of the sessions was for community members to start the conversation on opioids and begin to dispel the stigma surrounding opioid use. Instead of being talked at, attendees of the sessions learned from one another, based on each others' knowledge and experience. These sessions were attended by public health staff, medical staff, social service providers, and elected officials. URMCE also hosted a



train the trainer for Community Conversations on Opioid Use Disorder, so Pacific County now has several people qualified to facilitate this conversation in the community. If you are interested in attending one of these facilitated sessions or bringing the conversation to your organization or group, please contact the Health Department.

Pacific County Opioid Summit

Pacific County Health and Human Services
June 2nd

On June 2nd, the Pacific County Opioid Response Team (ORT) hosted the 3rd ever Pacific County Opioid Summit. The summit took place in South Bend at the Willapa Chamber of Commerce. Over 50 people attended the in-person summit, and more than 20 people attended via Zoom. The

Summit was attended by a combination of community members, elected officials, law enforcement, medical staff, mental health providers, social service providers, and more!

Breakout sessions included "The Role of a Peer" by Kyle Boogaard, "Fentanyl from a Law Enforcement Perspective" by Commander Mike Parker, "Ask the Doctors" by Dr. Dave Cundiff and Maryanne Murray, a presentation on the Willapa Commons by Salina Mecham and Nicole Pearson, "Student Prevention" by Sara Ellsworth, and "Veterans and SUD" by Alan Martinez. In the afternoon, attendees got to hear from Dr. Ries of the University of Washington Medical Center about medications for opioid use.



Opioid Summit Coordinator Abigail Bentley speaks to the attendees.



Metal man at the Carriage Museum donned rainbow attire for the event.

Pacific County PRIDE 2023

**Pacific County Pride, Inatai Foundation, Pacific Events District
June 23rd-25th**

Pacific County Pride was held in both Raymond and Long Beach June 23rd through June 25th. There were many forms of entertainment to be had, including performances by Portland bands, drag queen shows, and a bouncy house.

The Health Department handed out swag and presented LGBT-specific healthcare information, both mental and physical health. Other partners there included Pacific County Voices United, Pacific County Immigrant Support, Crisis Support Network, Peace of Mind Pacific County, Teen Advocacy Coalition, Molina, Community HealthPlan of WA, and many more! At the Raymond event, brunch was also provided by Alder and Co.

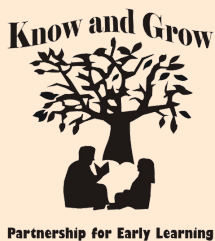
Pacific County Pride was made a safe, welcoming, and supportive place by the community, local law enforcement, and all of the volunteers, including the local biker club, RARE, who provided additional security. We thank you all for your hard work and dedication to making our community a safe and inclusive area!

Meeting Announcement



Teen Advocacy Coalition (TAC) is always looking for new members! Our General Meetings are held the second Monday of every month at 3:30PM.

Meeting Announcement



Know and Grow is always welcoming of new members! Our general meetings are held on the third Monday of each month from 2-3:30. If you are interested in getting on the mailing list please submit your email contact to: knowandgrowpacificco@gmail.com
ATT: Rhonda Johnson

Interested in reading last quarter's newsletter?

Each fiscal quarter, a new Prevention Newsletter is made and distributed to the community. Every newsletter will be available to read on the Pacific County COVID-19 website when completed. Please visit the page below via website URL or QR code to see the April-June newsletter.

<https://www.pacificcountycovid19.com>



April- June 2023

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- Suicide
- Alcohol
- Tobacco
- COVID-19
- Youth Cannabis

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988
24/7 Crisis & Support

The Prevention Newsletter is provided by:
Pacific County Public Health and Human Services



Make sure your contact information is up to date!

If you have Apple Health (Medicaid) coverage and have moved in the last three years, visit wahealthplanfinder.org or call **1-855-923-4633** to update your contact information today.



<https://vvhc.org/did-you-receive-your-apple-health-medicaid-renewal-notice/>



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Apple Health & the End of the Public Health Emergency

During the COVID-19 public health emergency (PHE), the Health Care Authority (HCA) and the Department of Social and Health Services (DSHS) extended coverage for all Apple Health (Medicaid) clients. This extension ended on March 31, 2023, due to the Consolidated Appropriation Act, 2023.

What Does This Mean for Individuals and Families with Apple Health?

HCA and DSHS resumed normal operations April 1, 2023. Individuals who have coverage through Apple Health should be receiving a renewal notice prior to the end of their renewal period between April 2023 and February 2024. Some individuals may have received 90-day extension in May, so June will be the first month that individuals will not receive extensions and potentially lose coverage.

How were Medicaid (Apple Health) Clients Notified?

- HCA and MCO plans are sending out letters and postcards requesting they update contact information and renew their coverage.
- HCA and MCO plans purchased radio and streaming service ads to inform impacted members.
- VVHC has been providing this information by:
 - Sharing the attached postcard at Community Events, at the Front Desk, in our Pharmacy Rx Bags, and with our Community Partners.
 - Reaching out to patients who we know are going to lose coverage soon.
 - Posting information to our website and Facebook page.

What Happens if an Individual Does Not Renew by their Renewal Date?

- They may lose their coverage.

How Can You Help?

- Encourage your friends, family members and clients with Apple Health to update their contact information with their MCO plan or with the HCA.
 - If they don't know their renewal date, encourage them to contact their MCO plan or contact HCA's Medical Assistance Customer Service Center at 800-562-3022.
 - If their renewal date has passed, encourage them to contact us to schedule an appointment with enrollment at 360-330-9595. These appointments can be scheduled to

be by phone if in Pacific County (or in person at our Chehalis Office).

MCO plan contact information:

- Amerigroup 800-600-4441
- Community Health Plan of Washington 800-440-1561
- Coordinated Care 877-644-4613
- Molina 800-869-7165
- United Health Care 877-542-8997

If you would like postcards to share at your organization, please email sfreeman@vvhc.org





Peace of Mind has been busy the past few months; Koffee Hour has had several guest speakers covering nutrition, the aging brain and strategies for preventing falls, the Men's Peer Support Group is going strong, and Art for a Healthy Mind and Music and Movement for a Healthy Mind have been well attended.

We are deep in the planning stages for all of our May Awareness Events, including our Annual Wellness Walk featuring the

Mega Brain (an inflatable brain you can walk through), Rock for Mental Health (painted rocks with partner Timberland Libraries), Dine Out for Mental Health at local restaurants, and our fundraiser Hope Floats 2. Look for our float in the LB Loyalty Days Parade too! For more information, see our FB page, our website www.pompc.org or call (360) 642-3448

Pacific County FYSPRT (Family, Youth, and System Partner Round Tables) Meeting

Open to the community! FYSPRT provides a forum for families, youth, systems, and communities to strengthen sustainable resources by providing community-based approaches to address the individual behavioral health needs of children, youth, and families. All that attend over the age of 7 years old can receive a \$15 gift card after filling out a survey that will be sent out after the meeting. The meeting happens the 1st Thursday of the month at 4:00 p.m. – 5:00 p.m.

<https://www.grbhaso.org/fysprt>



Microsoft Teams meeting

Join on your computer, mobile app or room device
Meeting ID: 290 891 059 792
Passcode: N3azFc

Does your program/ business have events that are based around prevention or community involvement? You can have a snapshot of them added to the Prevention Newsletter (or added to the calendar if it's a future event)! Contact the Pacific County Public Health and Human Services Department to submit your information for the next newsletter.



Programs Announcement



South Bend Early Learning Center strives to meet families where they are to provide a whole family approach that affirms learning and development are interrelated. South Bend ELC is an ECEAP site whose goal is to serve those families with the greatest need for services. **ECEAP** is free preschool that supports child development and health. ECEAP also provides free developmental screenings for vision, dental, and behavior. Parents are encouraged to become involved in Parent Policy Council which is a monthly group discussion opportunity led by ELC staff. Parent education classes will be available using Conscious Discipline, Ready Rosie, and Second Step curriculums.

For more information about programming or to enroll your child in preschool and/or child care please call (360) 875-5327 opt 1.

Lifeline and 988

988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention

Lifeline (now known as the 988 Suicide & Crisis Lifeline), and is now active across the United States. When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.

The previous Lifeline phone number (1-800-273-8255) will always remain available to people in emotional distress or suicidal crisis.

<https://988lifeline.org/>

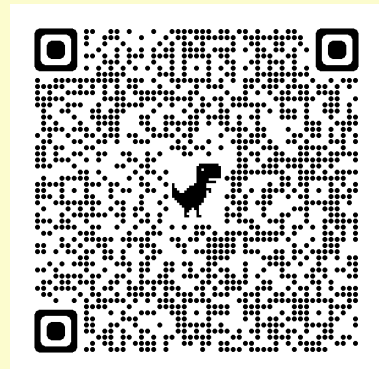
Pacific County Resource Guide

Pacific County Public Health and Human Services is proud to announce that the NEW Pacific County Resource Guide is ready and available to the public!


What is the Resource Guide?

The Resource Guide is a comprehensive list of all of the agencies and programs available to the public in Pacific County. They are sorted by their purpose or niche, including support groups, veterans, and healthcare. You can scan the QR code to the right to access the electronic version.

Printout available through the Pacific County COVID-19 website!



Calendar for July 2023 (United States)

July						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3		5	6	7	8
9	TAC General Meeting @ 3:30	TAC Tuesday at Raymond Pool @ 1-4	12	13	14	15
16	17	TAC Tuesday at Raymond Pool @ 1-4	19	20	21	22
23	24	TAC Tuesday at Raymond Pool @ 1-4	26	27	28	29
30	31					

Phases of the Moon: 3:☉ 9:☾ 17:☀ 25:☾

Holidays and Observances: 4: Independence Day

Calendar for August 2023 (United States)

August						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		TAC Tuesday at Raymond Pool @ 1-4	2	3	4	5
6	7	TAC Tuesday at Raymond Pool @ 1-4	9	10	11	12
13	TAC General Meeting @ 3:30	TAC Tuesday at Raymond Pool @ 1-4	16	17	18	19
20	21	TAC Tuesday at Raymond Pool @ 1-4	23		Pacific County Fair 24th-26th →	
27	28	TAC Tuesday at Raymond Pool @ 1-4	30			

Phases of the Moon: 1:☉ 8:☾ 16:☀ 24:☾ 30:☉


Calendar for September 2023 (United States)

September						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	<i>Cheers to 60 Years</i> 5K COLOR FUN RUN/WALK
3		5	6	7	8	9
10	TAC General Meeting @ 3:30	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Phases of the Moon: 6:☉ 14:☿ 22:☽ 29:☾

Holidays and Observances: 4: Labor Day

Upcoming Events

<p>TAC Tuesdays Summer months <i>Teen Advocacy Coalition</i></p>	<p>Teen Advocacy Coalition has brought back free rec swim from 1pm-4pm every Tuesday at the Raymond Pool. This will be available during the summer months.</p>
<p>Pacific County Fair Aug 24th-26th <i>Pacific County</i></p>	<p>Mark your calendars for August 24-26, 2023, as we invite you to join us for a remarkable celebration under the theme of "Let's Steer Up Some Fun!" Get ready for a spectacular showcase of delectable treats, live entertainment, agricultural exhibits, and so much more. Get ready to create cherished memories that will last a lifetime at the Pacific County Fair!</p>
<p>International Overdose Awareness Day August 31st</p>	<p>International Overdose Awareness Day is the world's largest annual campaign to end overdose, remember without stigma those who have died and acknowledge the grief of the family and friends left behind. The campaign raises awareness of overdose, which is one of the world's worst public health crises, and stimulates action and discussion about evidence-based overdose prevention and drug policy. The campaign also acknowledges the profound grief felt by families and friends whose loved ones have died or suffered permanent injury from a drug overdose.</p>
<p>5K Color Fun Run/Walk September 2nd <i>Teen Advocacy Coalition</i></p>	<p>Spread the word! Registration is officially open for the 5th Annual Sources of Strength Color Fun Run. Adults are only \$20 and Youth under 18 years are FREE! Every registration before August 15th is guaranteed a 2023 'Cheers to 60 Years' themed T-shirt, swag bag, breakfast and refreshments!</p>
	

Recurring Events/ Meetings

<p>Community Awareness Dinner TBA <i>Peace of Mind</i></p>	<p>Community Awareness Dinners are a community learning experience in collaboration with our various partners. Held once quarterly.</p>	<p>Music and Movement for a Healthy Mind 4th Wednesday <i>Peace of Mind</i></p>	<p>4th Wed at Ocean Park Lutheran Church</p>
<p>TAC General Meeting @ 3:30 <i>TAC</i></p>	<p>General Meetings are held the second Monday of every month at 3:30PM.</p>	<p>Weekly Wellness Walk 11 am <i>Peace of Mind</i></p>	<p>11:00 a.m. Golden Sands Walking Path, Ocean Park</p>
<p>KC's Koffee Hour 1st and 3rd Wednesday at 1pm <i>Peace of Mind</i></p>	<p>1st and 3rd Wed. 1:00 p.m. at Ocean Park Lutheran Church</p>		
<p>Art for a Healthy Mind 2nd Wednesdays at 1pm <i>Peace of Mind</i></p>	<p>2nd Wed 1:00 p.m. at Ocean Park Lutheran Church</p>		
<p>Youth Art for a Healthy Mind <i>Peace of Mind</i></p>	<p>In collaboration with Dylan Jude Harrell Community Center</p>		
<p>Men's Support 2nd and 4th Wednesdays at 5:15pm <i>Peace of Mind</i></p>	<p>2nd and 4th Wed 5:15 p.m. Whalebone House Cottage, Ocean Park</p>		

Time to remember. Time to act.

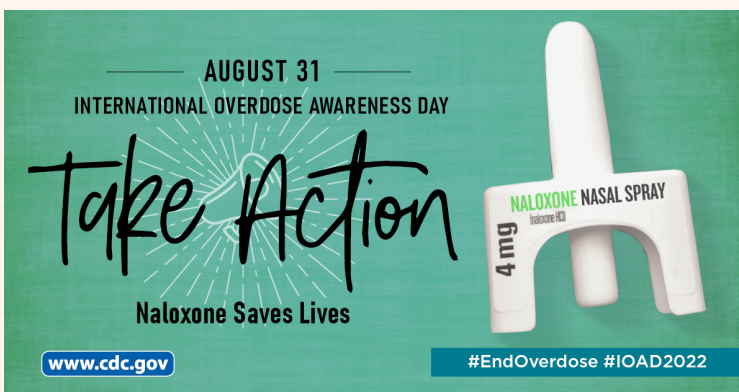
CDC Marks International Overdose Awareness Day with New Research on Opioid Overdose and COVID-19 related factors

International Overdose Awareness Day (IOAD), held each year on **August 31st**, is the world's largest annual campaign to end overdose. This is a day for us to remember those who have died from drug overdose and acknowledge the grief of the family and friends left behind. We encourage you to use the occasion of IOAD to raise awareness and help spread the hope of recovery and ending overdose. Visit CDC's website for the latest: <https://www.cdc.gov/drugoverdose/index.html>.

This year, CDC's Division of Overdose Prevention in the National Center for Injury Prevention and Control is marking IOAD with three releases:

- A new Morbidity and Mortality Weekly Report (MMWR) analyzes emergency medical services (EMS) data and highlights trends in nonfatal opioid-involved overdoses. This report identifies disparities in overdose rates by patient and county characteristics, and provides strategies on what can be done to decrease overdose.
- An up-to-date CDC's State Unintentional Drug Overdose Reporting System (SUDORS) COVID-19 data brief describes overarching COVID-19-related themes that may have contributed to increased overdose deaths during the start of the COVID-19 pandemic. Based on the identified themes, this brief gives examples of prevention approaches that can be used in future public health emergencies to help reduce overdose deaths.
- CDC's IOAD feature can help you learn more about nonfatal opioid-involved overdoses and what can be done about the rising opioid-involved overdoses.

This International Overdose Awareness Day, you can make an impact by sharing CDC's overdose prevention work and resources with colleagues,



partners, and loved ones. We invite you to join in taking action to end overdose. Help us spread this message!

If you need a box of naloxone to keep on hand, please visit the Pacific County Health Department office in either South Bend or Long Beach.

NARCAN® (naloxone HCl) Nasal Spray is an opioid antagonist indicated for the emergency treatment of known or suspected opioid overdose, as manifested by respiratory and/or central nervous system depression. NARCAN® Nasal Spray is intended for immediate administration as emergency therapy in settings where opioids may be present. NARCAN® Nasal Spray is not a substitute for emergency medical care.

If you need a box of naloxone to keep on hand, please visit the Pacific County Health Department office in either South Bend or Long Beach.



Quit today for a better tomorrow!

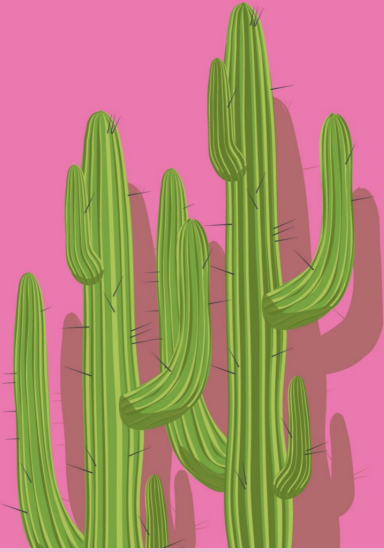


Wanting to quit smoking?

Visit
Quitline.com,
text **READY** to
200-400, or call
1-800-QUIT-NOW.

CELEBRATING 20 YEARS

WASHINGTON STATE QUITLINE



SECURE YOUR CANNABIS

NATURAL ≠ SAFE FOR KIDS

A cactus is natural, but not necessarily child-friendly. Same goes for cannabis.

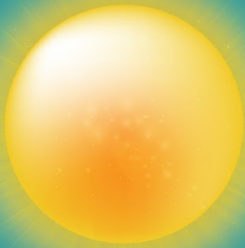
Cannabis impacts a child's brain differently than an adult's.

SECURE YOUR CANNABIS

Learn more at bit.ly/secureyourcannabis

Most Washington teens are not using cannabis, yet 1 in 3 Washington State 10th graders in 2021 said cannabis was easy to get. To protect young minds you can know the Washington laws, [start talking with youth](#) about underage cannabis use and keep cannabis secure.

During Excessive Heat



Find air conditioning.

Avoid strenuous activities.

Wear light clothing.

Check on family members and neighbors.

Drink plenty of water.

Watch for heat cramps - exhaustion - stroke.

Never leave people or pets in a car.



weather.gov/heat

Heat is the leading cause of weather-related deaths most years. Protect yourself during excessive heat and stay Weather-Ready.

weather.gov/heat



Wild Land Urban Interface How you can help

WUI

Studies show that as many as 80 percent of homes lost to wildland fire may have been saved if a defensible space had been cleared of the brush around the homes.

Preventable measures you can take.

Protecting your property from wildfires is crucial for homeowners, and taking necessary precautions is essential. You can prepare your home to withstand airborne embers and prevent flames or surface fire from reaching your home. Creating a defensible space is an effective way to reduce the risk of fire damage. This involves establishing a buffer zone between your buildings and the surrounding wildland area. The defensible space can be divided into three zones.



By establishing a defensible space, which involves creating a buffer zone between your buildings and the neighboring wildland area, homeowners can diminish the risk of fire damage. This space can be separated into three zones.

0 to 5' Zone1 Immediate Zone

- This zone is the most critical area for homeowners to focus on for fire safety.
- Use hardscape like gravel, pavers, concrete and other noncombustible mulch materials. No combustible bark or mulch
- Create a space that is easily accessible for conducting fire suppression activities.
- Eliminate any dead or dying vegetation such as weeds, grass, plants, shrubs, trees, branches, and vegetative debris like leaves, needles, cones, and bark. It is also crucial to inspect your roof, gutters, decks, porches, stairways, and other outdoor structures for any potential fire hazards.
- Display your address prominently on your home and at the driveway intersection. Reflective numbers should be at least four inches tall and visible in smoke or at night. **Address signposts are \$20.00 at Fire District 1 for fire district residents.**



Peninsula Fuels.

Common sources of wildland fuel within Fire District 1 include beach grasses, low shrubs, common gorse, scrub pine, spruce trees, underbrush, and dead logs. These fuels create a highly flammable environment characterized by an accumulation of dry foliage at the base of plants and stands. Wildfire risk is influenced by factors such as weather conditions, topography, and the presence of dry vegetation like dune grass or brush which can easily ignite and spread fire rapidly, posing a threat to homes and property. Areas with an abundance of dry and dead vegetation can amplify the fuel for a fire to burn.

5' to 30' Zone 2.

Lean, Clean and Green Zone

- Remove all dead plants, grass, and weeds (vegetation).
- Remove branches that hang over your roof and keep dead branches 10 feet away from your chimney.
- Additionally, it is important to conduct regular maintenance, such as pruning and weed removal, to reduce fuel.
- Remove or prune flammable plants and shrubs near windows.
- Create a separation between trees, shrubs and items that could catch fire, such as patio furniture, wood piles, swing sets, etc.



Defensible Space

We understand the importance of protecting your home and property from the devastating effects of wildfires. We encourage you to take proactive measures towards wildfire prevention. If you have any questions or concerns about wildfire prevention, please do not hesitate to reach out to us. Our knowledgeable and skilled team is available to provide you with the guidance and information you need to safeguard your home against wildfire.

Additionally, if you are interested in having a site visit to assess the potential risks for wildfire and to develop a customized prevention plan for your property, we would be more than happy to meet with you. It is our priority to ensure that you have the knowledge and resources necessary to protect your home and loved ones from the threats of wildfire.

**PACIFIC COUNTY FIRE
DISTRICT #1
(360) 665-4451**



Clear any trees and brush that could obstruct the fire truck's path or reduce visibility of the driveway. Clear trees, branches, and brush from your driveway so that it is at least 12 feet wide and has at least 13.5 feet of vertical clearance to allow fire trucks access.



What do I do with the yard waste after cleaning up?

Firewood can be made from sticks and logs. The regulation of burning yard waste varies by location, so if you choose this option, make sure to check with PCFD1 for the appropriate burn permit.

•Chipped yard waste is a sustainable alternative to landfilling, which reduces the environmental impacts associated with landfills it is a natural fertilizer

30' to 60' Zone 3 Reduce Fuel Zone,

Landscaping – the goal here is not to eliminate fire but to interrupt fire's path and keep flames smaller and on the ground.

- Cut or mow grass down to a maximum height of 4 inches.

- Create horizontal space between shrubs and trees. Trees/clumps of trees should have a minimum of 18' between treetops.

- Remove ladder fuels (vegetation under trees) so a surface fire cannot reach the crowns. Prune trees up to six to ten feet from the ground; for shorter trees do not exceed 1/3 of the overall tree height.

- Remove fallen leaves, needles, twigs, bark, cones, and small branches.

- Structures separate from the main building, exposed wood piles, and storage tanks for Liquid Propane Gas and should have a minimum of 10 feet of clearance, down to bare mineral soil, in all directions. In addition to clearing the area around the propane tank, it is also important to ensure that the tank is professionally installed and maintained.

Maintaining the Trees on Your Property

- Trees are permitted within the defensible space if the horizontal distance between the crowns of adjacent trees and the crowns of trees and structures, overhead electrical facilities, or unmodified fuel is at or greater than 18 feet.

- Portions of tree crowns that extend to within 10 feet (3048 mm) of the outlet of a chimney shall be pruned to maintain a minimum horizontal clearance of 10 feet (3048 mm).

- Deadwood and litter should regularly be removed from trees.

- Remove dead or diseased trees (hazard trees) that have weakened or unstable roots and branches and are more likely to fall or break during high winds, heavy snow, or ice storms and cause damage to the structure or obstruct evacuation routes.

Call the Department of Community

Development before any hazard tree removal.
360-642-9382



How Our Calls Are Routed

THE LIFELINE PHONE SYSTEM

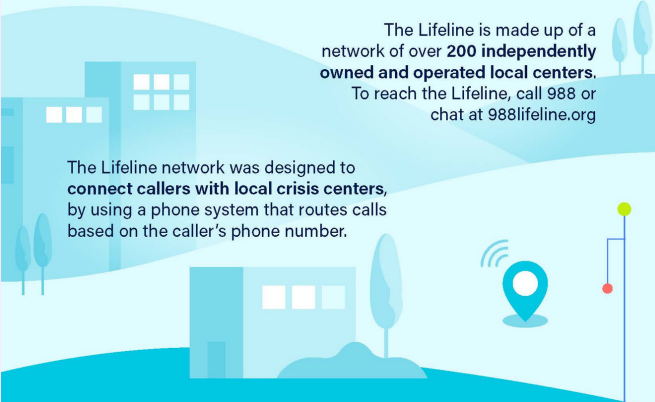
The 988 Suicide & Crisis Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States.

The Lifeline is funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) and administered by Vibrant Emotional Health.



The Lifeline is made up of a network of over 200 independently owned and operated local centers. To reach the Lifeline, call 988 or chat at 988lifeline.org

The Lifeline network was designed to connect callers with local crisis centers, by using a phone system that routes calls based on the caller's phone number.



WHAT HAPPENS WHEN SOMEONE CALLS THE LIFELINE?

When someone calls 988, they will hear our automated greeting message that features additional options:

“ You have reached the 988 Suicide & Crisis Lifeline, also serving the Veteran Crisis Line. Para Español oprima el número dos. If you are in emotional distress or suicidal crisis, or are concerned about someone who might be, we are here to help.

If you are a US military veteran or current service member, or calling about one, please press 1 now. Otherwise, please hold while we route your call to the nearest crisis center in our network. ”



We'll play a little music while we connect the caller to a skilled, trained crisis counselor.

Our phone system will route the call to the closest crisis center in the Lifeline network based on area code.



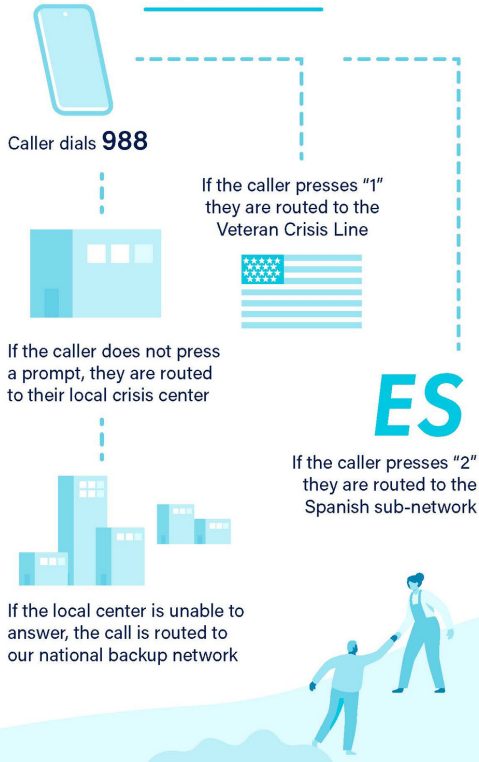
Each crisis center picks their coverage area (which can be defined by zip code, area code, county or even state), and their hours of operation.



A trained crisis counselor at a local center will answer the phone.

This person will listen to the caller, work to understand what the caller is experiencing, provide support, and collaborate with the caller on ways to feel better and connect with any needed help or resources.

CALL FLOW



Caller dials 988

If the caller presses "1" they are routed to the Veteran Crisis Line

If the caller does not press a prompt, they are routed to their local crisis center

ES

If the caller presses "2" they are routed to the Spanish sub-network

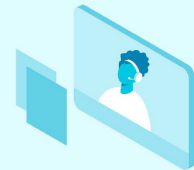
If the local center is unable to answer, the call is routed to our national backup network

WHAT HAPPENS WHEN SOMEONE CHATS WITH THE LIFELINE?



When someone uses the Lifeline chat via <https://988lifeline.org/chat/> they'll first complete a short survey letting the crisis counselor know a little about their current situation, and then see a wait-time message while they are connected to a crisis counselor.

A trained crisis counselor will answer the chat, converse with the caller to understand how their problem is affecting them, provide support, and share resources that may be helpful.



WHAT HAPPENS WHEN SOMEONE TEXTS THE LIFELINE?



When someone texts 988, they will complete a short survey letting the crisis counselor know a little about their current situation.

They will be then connected with a trained crisis counselor, who will interact with them to understand what the texter is experiencing, provide support, and connect them with any needed help or resources.





Pacific County TAC
Keeping Youth Healthy, Safe and Valued
www.pacificcountytac.org

**JOIN US
FOR OUR
MEMBER
MEETUP**


Every 2nd Monday of the Month @ 3:30PM

**In Person: Raymond Flex Center 1016 COMMERCIAL ST
RAYMOND, WA 98577**

or

Visit our Website for the Zoom link:

www.pacificcountytac.org



TAC TUESDAYS

AT THE RAYMOND POOL

EVERY Tuesday • 1PM-4PM

FREE

Rec Swim for
EVERYONE!



SAFE SUMMER FUN

SPONSORED BY TEEN ADVOCACY COALITION

Cheers to 60 Years
**5K COLOR
FUN RUN/WALK**

**SATURDAY • SEPTEMBER 2, 2023 • 8:00 AM
SOUTH BEND HIGH SCHOOL • KOPLITZ FIELD HOUSE**

FREE (18 and under) | \$20 (over 18)

Register online at
<https://bit.ly/3xP698j> or
scan the QR code



Register by August 15th to guarantee a t-shirt



Sponsored by
Teen Advocacy Coalition



Willapa Commons

- Presented by -

Willapa Behavioral Health and Wellness

Available Resources For Our Patrons

- Access to Internet
- Healthy Snacks
- Water/Coffee
- Board Games
- Connection to Resources

A gathering place where people...

- Struggling with mental health or recovery can come to relax and feel safe.
- Struggling with their mental health or recovery can connect and feel a sense of community.
- Can receive help in maintaining their sobriety.
- Can talk with a certified peer counselor.
- Can receive help finding resources.
- Can participate in and help plan fun activities.



25902 Vernon Ave. Ste. B
Ocean Park, WA 98960

Hours of Operation:
Monday – Friday 9:00-5:00

Contact:
Andrew King at 360-214-8984 or
kinga@willapabh.org

Donations Are Always Welcome

Things we can use:

- Monetary donations
- Sugar
- Coffee/Coffee Creamer/Disposable Cups
- Healthy Snacks/Food
- Toothbrush/Paste & holder
- Laundry Mat Vouchers
- Bus Passes
- Underwear/Sweatpants & shirts/T-Shirts



Willapa Behavioral Health and Wellness

- Presents -

Families First

Example of Skills Taught

- Positive Communication
- Positive/Supportive Relationships
- Disciplining without anger/violence
- Problem Solving/Consequential thinking
- Anger Management
- Other skills targeting identified needs

Who Does Families First Serve?

The youth, parents, and families referred to the program may have a variety of emotional and behavioral challenges. Some youth/families have been diagnosed with mental illnesses, some may be ungovernable, and others are reacting poorly to struggling family environments.

Families First can be very helpful to youth and families who are incarceration-impacted, corrections involved, or have experienced inpatient behavioral health treatment and are coming back into the home.

What is Families First

- Behavioral intervention that works with families in their own homes
- Program is approximately 8-12 weeks, 6-10 hours a week depending on need
- Builds skills targeting family goals and needs through teaching, modeling, and role-playing
- Active teaching to engage family members
- Focus on individual and family strengths
- Negative behaviors typically decrease by 27 points (as measured by the Youth Outcome Questionnaire), a 13-point change is clinically significant
- Follow-up is available based on parent/guardian preference

Contact: John Good 360-227-1676 or goodj@willapabh.org



*"Caregiving often calls us to lean
into love we didn't know
possible." **

Caregiver Support Group

First Thursday of the month
1:00 - 2:00
Naselle Clinic
Contact: 360-642-6330
rcassidy@oceanbeachhospital.com

The Caregiver support group meets the **first Thursday of every month** and offers a safe place to discuss the stresses, challenges, and rewards of providing care for a love one.

All are welcome; share your experience, advice, and support to other caregivers.

Light snacks will be provided.



* Tina Walker, *The Inspired Caregiver: Finding Joy While Caring for Those you Love*

Community Integrated Health Services (CIHS) is open to serve you out of 10 locations in our five-county service area (Cowlitz, Grays Harbor, Lewis, Pacific, and Wahkiakum). CIHS provides in-office and community-based behavioral health services.



OUR SERVICES ARE AVAILABLE IN-PERSON, VIDEO, OR BY PHONE.

CIHS provides in-person services whenever possible. We also offer Telehealth services (video and phone) to individuals covered by Medicaid for mental health, substance use treatment, and assessments.

CIHS provides behavioral health services at the following locations:

COWLITZ:

1116 14th Ave
Longview, WA

1128 Broadway St
Longview, WA

GRAYS HARBOR:

618 W Market St
Aberdeen, WA

110 W Market St STE 205
Aberdeen, WA

LEWIS:

1707 Cooks Hill Rd
Centralia, WA

1616 S Gold St STE 4
Centralia, WA

1720 S Gold Street
Centralia, WA

PACIFIC:

335 Third St
Raymond, WA

152 First Ave N
Ilwaco, WA

WAHKIAKUM:

427 Columbia Street
Cathlamet, WA 98612

360.261.6930

www.cihealthservices.com

Our Programs

General Outpatient Services (available in all five counties)

- * Services for adults, children, and families in need of behavioral health support

Flexible Assertive Community Treatment (FACT) (available in Cowlitz, Grays Harbor, & Lewis Counties)

- * FACT provides 24/7 and after-hours services for people with mental health needs and a history of multiple visits to an ED, inpatient psychiatric hospitalizations, and/or contacts with law enforcement related to their behavioral health challenges.

Wraparound with Intensive Services (WISe) (available in all five counties)

- * WISe provides 24/7 and after-hours services in the home to support youth with intensive mental health needs and their families.

School-Based Services (available in Cowlitz, Lewis, & Pacific Counties)

- * By referral, in-person counseling provided in the school setting (or telehealth during pandemic lockdown).

Substance Abuse Program (available in Cowlitz, Grays Harbor & Lewis Counties)

- * SUD outpatient and intensive outpatient program provides SUD assessments and coordinates detox and residential inpatient placements. Services for adults and youth.

School-Threat Assessment Care Coordination (S-TACC) (available in Cowlitz & Lewis Counties)

- * Behavioral health monitoring of a child expelled from having made targeted threats of violence toward the school or community (services are provided in home or via telehealth).

Trueblood Jail Diversion (available in all five counties)

- * The Trueblood Jail Diversion team engages and assesses incarcerated individuals with mental health issues to assist them in setting up basic needs, meeting court requirements, and developing healthy practices in order to reduce recidivism.

Jail Transition (available in Cowlitz, Grays Harbor, & Pacific Counties)

- * Jail Transition works with arrested and incarcerated individuals needing behavioral health care, providing interim assessment and therapy, and helping them transition to a provider in the community.

Peer Bridgers (available in all five counties)

- * Provide lived-in support, guidance, and hope to those discharging from Western State Hospital.

EAP (available in Cowlitz, Grays Harbor, & Lewis Counties)

- * Our Employee Assistance Program provides up to 6 free confidential counseling sessions to help employees deal with family, work, and other life challenges. This is a contracted employer-paid program.

Intensive Residential Treatment (IRT) (available in all five counties)

- * IRT provides 24/7 and after-hours services for people who are discharging from Western State Hospital or residential mental health facilities and need assistance with transitioning to the community.

Worried about losing your home?

Funding and support is available

Call our hotline today at
1-877-894-4663

We speak over **200** languages!



No Citizenship Requirement

- ✓ You don't need to be a U.S. citizen to be eligible.
- ✓ We don't track citizen or immigration status for you or any member of your household.
- ✓ This help is free.

What can I expect?

Washington HAF connects you with a housing counselor within your area who provides **free** and **confidential** support. They can assist you with applying for funding and many other options to prevent foreclosure. Call the Hotline at **1-877-894-4663** for a no-cost assessment.

Beware of scams!

Don't pay anyone who offers to help you for a fee. Washington HAF is the only program authorized to distribute HAF funds in Washington state.

For more information visit:
WashingtonHAF.org



Scan Me



This program or project was supported, in whole or in part, by federal award number HAF0025 awarded to the Washington State Housing Finance Commission by the U.S. Department of the Treasury.

Coalition and Program Contacts

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President
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Alexis Hood

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Home Visitor/ Parent
Engagement Specialist
ahood@southbendschools.org

Have a program, coalition, or event you would like highlighted in the Prevention Newsletter? Please contact the Pacific County Health Department ASAP to get into the next newsletter in September, 2023!

Download/ View the Newsletter

