October-December 2026

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
- Mental Health
- 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

Public Health & 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

CRISIS SUPPORT NETWORK
ADVOCACY | CONNECTION | EDUCATION

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!

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!

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!

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.

EVENTS

July-September 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.

4th Annual "Drives Saves Lives" Charity Golf Tournament



Willapa Harbor Hospital September 12th

The Willapa Harbor Health Foundation and Willapa Harbor Hospital's 4th Annual Drives to Save Lives Golf Tournament was held last Saturday, September 12, and was another successful and fun-filled day on the course! Golfers came together to support the Foundation and Hospital's efforts to help expand cardiac testing and services in North Pacific County while enjoying a fun day of golf, friendly competition, and plenty of laughs. Congratulations to this year's tournament winners, Hook Em! 🏆

Thank you goes to Riverwoods Golf Course for always being so welcoming and helping make this event possible. We truly appreciate your continued support and hospitality. Most importantly, we want to thank all of our sponsors, donors, players, and volunteers. Your generosity, participation, and hard work are what make this event such a success. We couldn't have done it without you! We also want to thank Big Daddy Don's for providing a delicious lunch for our golfers and guests.

Thank you for helping the Willapa Harbor Health Foundation and Willapa Harbor Hospital continue its mission of supporting better healthcare for our community. We look forward to seeing everyone again next year!



Teen Mental Health First Aid

Pacific County Public Health and Human Services

🧡 Teen Mental Health First Aid: Investing in Prevention
This September, Pacific County Public Health & Human Services (PCHHS) hosted a virtual Teen Mental Health First Aid (tMHFA) Instructor Training for local school counselors, Family Resource Coordinators, and our School-Based Crisis Care Coordinator.

Funded through the BJA STOP Grant as part of the School-Based Crisis Care Coordinator program, this three-day training brought together school staff from Willapa Valley, South Bend, Raymond, and Naselle-Grays River Valley School Districts. Participants worked virtually with trainers from the National Council to learn the evidence-based tMHFA model, curriculum implementation, and program fidelity. Training included observed and graded teach-backs to prepare participants to bring tMHFA to students in their schools.

Prevention Starts Before a Crisis
Mental health prevention is about more than responding when a young person is already in crisis. It is about giving young people the knowledge, confidence, and skills to recognize concerns early, reach out for help, and support one another before challenges escalate.

Teen Mental Health First Aid provides an important piece of that prevention approach. The program teaches teens how to recognize signs and symptoms of mental health and substance use challenges and how to respond appropriately when a friend may be struggling.
The curriculum addresses topics including:

- Anxiety and depression
- Eating disorders
- Bullying
- Social media
- Substance use
- ADHD
- Mental health and substance use crises

After participating in tMHFA, students will be able to:
Recognize signs and symptoms of mental health and substance use challenges.
Respond by understanding what they can and cannot do to support a friend during and after a crisis.
Use the Mental Health First Aid Action Plan to determine appropriate next steps.
Connect a peer with a parent, guardian, or other trusted adult who can provide additional support.

Prevention Through Partnership
The strength of this effort comes from collaboration. By training school staff across Willapa Valley, South Bend, Raymond, and Naselle-Grays River Valley, our local school districts are continuing to build a more connected and unified approach to student mental health and crisis prevention.
When schools, families, public health, and community partners share common tools and language, young people have more opportunities to encounter supportive adults and peers who know how to recognize concerns and connect them with help.
This work represents an investment not only in crisis response, but in prevention, early intervention, and the long-term well-being of our community's youth.

🧡 Thank You to Our School Partners
A special thank you to the school staff who participated in the tMHFA Instructor Training and are committed to bringing this prevention-focused program to local students:
Kate Languell — Willapa Valley School District, School Counselor
Liliana Ayala-Silva — South Bend School District, Family Resource Coordinator
Lyndsey Owen — Raymond School District, Elementary School Counselor
Kandice Caldwell — Raymond School District, Jr/Sr High School Counselor
Kellyn Hazen — Naselle-Grays River Valley School District, School Counselor
Karli Nelson — Naselle-Grays River Valley School District, Family Support Specialist

Your commitment helps create school communities where young people feel more prepared to recognize when something isn't right, reach out for support, and help their peers connect with trusted adults.



Peace of Mind Pacific County Updates

Peace of Mind Pacific County

Peace of Mind Pacific County hosts and participates in many events throughout the year for the community. This summer, they were involved in the following:

- Peace of Mind Pacific County hosted a Community Tea Party in August. It was an opportunity to create social connections and learn about the support POMPC provides. It was standing room only! And great connections were made!
- Also in August, POMPC participated in Pack to School serving 348 children.
- In September we had a booth at the 44th Annual Garlic Festival where we passed out information, had a kid's bubble pool, and provided the bounce house!

Thank you POMPC for all of your hard work!







Sources of Strength Tabling

Pacific County Public Health and Human Services

In September, Payton and Emily of PCHHS tabled at Willapa Valley Elementary Parent Night with Sources of Strength materials. This included mental health information, coloring pages, resources for parents, and a raffle for a weighted Comfort Cub (a weighted teddy bear that helps with anxiety) and a compliment jar for the school to keep at the school. The compliment jar was filled with compliments written down by students and they can go to Ms. Languell throughout the school year and get a compliment for themselves or for a friend.

Poetry Contest

Peace of Mind Pacific County
October 1st-November 9th

Poetry Contest from October 1st through November 9th. The theme is “Hope”. 3 winners will be selected: one from each group – middle school, high school and adult. Each winner will receive $100 and will read their poem at the Community Suicide Prevention Workshop focusing on community veterans on November 21st. Submit entries to info@pompc.org.



Prevention Newsletter Snap Shots



The Prevention Newsletter is always looking for highlights/ snap shots of events from the previous 3 months to include. We love highlighting the hard work of our community and are always looking for more!

Have prevention events happening in October-December? Make sure to take down data, take pictures (or have a flyer), and contact the Health Department about getting your event snap shot in the next prevention newsletter.



Find links to quality, accurate information on health topics that are important to you. Each link is vetted by DOH's Adolescent and Young Adult Health Team and reviewed by the Youth Advisory Council.

SOURCES OF STRENGTH

Sources of Strength is an evidence-based suicide prevention and wellness program. Our strength-based approach promotes connection, resilience, and hope to prevent suicide, substance abuse, and bullying. Need to talk? Call or text 988.

The Sources of Strength color wheel visualizes eight protective factors that build resilience and wellness: Family Support (orange), Positive Friends (yellow), Mentors (green), Healthy Activities (blue), Generosity (gray), Spirituality (purple), Physical Health (light blue), and Mental Health (red). Each color represents a key area of strength to develop to help individuals and communities thrive and cope with challenges.

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
Partnership for Early Learning

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 Health website when completed. Please visit the page below via website URL or QR code to see the July-September newsletter.

https://www.pacificcountyhealth.com/behavioral-health



All groups are facilitated by peers. Peace of Mind Pacific County is a peer founded, peer operated, all volunteer 501c3 non-profit. EIN: 81-4879597. For additional information, find us on Facebook, at our website: www.pompc.org, email info@pompc.org or call locally, 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. Regional FYSPRT Meetings will be held on the 1st Monday of each month from 4:30 pm to 5:45 pm. Please email FYSPRT@grbhaso.org to be added to the invite.

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

Programs Announcement

SB SOUTH BEND



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.

Early Support for Infants and Toddlers (ESIT) aims to provide families with information and services to ensure they are supported as the most crucial influence in a child's early learning journey. ESIT is free to all families in North Pacific County and anyone can refer a child for services. After I have received a referral all involvement is parent directed and optional. ESIT provides Speech therapy, occupational therapy, medical record review, parent education, etc.

988 SUICIDE & CRISIS LIFELINE

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 Public Health and Human Services Department website!



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.

Washington Apple Health

VALLEY VIEW HEALTH CENTER

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



¡No se pierda actualizaciones importantes sobre su cobertura de Apple Health (Medicaid)!

Asegúrese de que podamos hacerle llegar actualizaciones importantes sobre su cobertura.

Visite **wahealthplanfinder.org** o llame al teléfono **1-855-923-4633** hoy.

Washington Apple Health

VALLEY VIEW HEALTH CENTER

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

Calendar for October 2026 (United States)

October						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11		13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Phases of the Moon: 3:◑ 10:● 18:◐ 26:○

Holidays and Observances: 12: Columbus Day, 31: Halloween

Calendar for November 2026 (United States)

November						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2		4	5	6	7
8	9	10		12	13	14
15	16	17	18	19	20	Community Suicide Prevention Workshop
22	23	24	25			28
29	30					

Phases of the Moon: 1:◑ 9:● 17:◐ 24:○

Holidays and Observances: 3: Election Day, 11: Veterans Day, 26: Thanksgiving Day, 27: Black Friday

Calendar for December 2026 (United States)

December						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
Family PJ Night screening "Coco"	14	15	16	17	18	19
20	21	22	23	24		26
27	28	29	30			

Phases of the Moon: 1:◑ 8:● 17:◐ 23:○ 30:◑

Holidays and Observances: 24: Christmas Eve, 25: Christmas Day, 31: New Year's Eve

Upcoming Events

Shoot for the S.T.A.R.S Golf Tournament October 4th ***POMPC***	October 4th, Shoot for the S.T.A.R.S. Golf Tournament at Peninsula Golf Course. Check in begins at 8 am and the shotgun start is at 10. Register at: https://www.pompc.org/event.../take-a-shot-for-the-stars
Community Suicide Prevention Workshop November 21st ***POMPC***	November 21st Community Suicide Prevention Workshop focusing on community veterans. Speakers from the Portland VA Hospital, WA State VA Suicide Prevention Office and local veteran service providers. Lunch will be served. 10 am – 2 pm at Ocean Pak Lutheran Church.
Family PJ Night December 13th ***POMPC***	December 13th, Family PJ Night screening "Coco" at the Neptune Theater. Limited seating, reservations required. Register beginning on November 22nd at: https://www.pompc.org/event-details/2026-family-pj-night
Blue Christmas December 21st ***POMPC***	Blue Christmas, a non-denominational service providing support to those who struggle with the holiday season. Our poetry winners will also read their poems. Chili and dessert fellowship follows.

Nothing here! Check back in the next newsletter!

Recurring Events/ Meetings

Doughnuts with a Veteran *3rd Wed and Thurs at 8am* ***PCHHS***	3rd Wednesday of the month at Hungry Heifer in Raymond and 3rd Thursday of the month at Peninsula Activity Center	**Grief Talk** 2nd *and 4th Saturday at 11am* ***Peace of Mind***	11:00 a.m. Whalebone Cottage, Ocean Park
Heart 2 Heart 1st *and 3rd Wednesdays at 1pm* ***Peace of Mind***	1st and 3rd Wed. 1:00 p.m. at Ocean Park Lutheran Church	**Bariatric Support Group** Every 4th Tuesday ***Ocean Beach Hospital***	Ocean Beach Hospital has started a bariatric support group, it meets the 4th Tuesday of every month at OBH at 11:00. If interested, contact our office at 360-642-6308.
		Men Aloud *1st and 3rd Thursdays at 5:30pm* ***Peace of Mind***	1st and 3rd Thursdays 5:30 p.m. Whalebone House Cottage, Ocean Park

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.





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
You're their heroes.
You keep kids safe.
Kids can't tell when food or drinks include THC. You can protect them from accidental ingestion.
NO WIND
The Science of Wind Chill
WINDY
98.6°F
Average temperature of the human body
Under calm conditions, the body radiates heat, creating a layer of warmth between our skin and the cold surroundings.
95°F
Hypothermia begins when our body temperature drops two to four degrees
But when it's windy, the moving air breaks up this insulating layer. It speeds up heat loss by whisking away the warmth from our skin.
Heat is moved away from our bodies.
NOAA
weather.gov/winter

Immunizations Available

Looking for immunizations this season? These local providers have these vaccines available:

South Bend Pharmacy

101 Willapa Ave, South Bend, WA
(360)875-5757
M-F 8am-6pm
Sat 9am-5pm
Sun 12pm-1pm
www.southbendpharmacy.com
Vaccines available: Flu (over and under 65 years), Pneumococcal, Shingles, HEPB or HEPA/B, COVID for over 65 years, TDap or TD

Raymond Pharmacy

515 Commercial St Suite 1, Raymond, WA
(360) 942-2634
M-F 9am-6pm
Sat 10am-12pm
www.raymondpharmacy.com
Vaccines available: Flu, Pneumonia, Shingles, RSV, COVID (only if you have had most recent booster), TDap, Chickenpox (as ordered)

Valley View

300 Ocean Ave, Raymond, WA
(360)942-3040
M-Th 7:30am-6pm
F-Sun CLOSED
www.vvhc.org
For established patients only
Vaccines available: Flu vaccines in October, Childhood series' vaccines

Willapa Harbor Hospital

800 Alder St, South Bend, WA
(360) 875-5526
M-Sun 24 hours
www.willapaharborhospital.com
Vaccines available: Free flu vaccine clinic October 4th, Childhood series' vaccines

Please contact the provider directly for the most up to date information on vaccines!

PACIFIC COUNTY
Public Health & Human Services

Immunizations Available

Looking for immunizations this season? These local providers have these vaccines available:

Ocean Park Pharmacy
1501 Bay Ave SUITE 201, Ocean Park, WA
(360)665-5181
M-F 9am-6pm
Sat & Sun CLOSED
www.penpharmrx.com
Vaccines available: Flu (over and under 65 years), COVID19, Pneumonia, RSV (50-74 at risk and 75+)

Ilwaco Pharmacy
101 First Ave S, Ilwaco, WA
(360) 642-3133
M-F 9:30am-6pm
Sat & Sun CLOSED
www.penpharmrx.com
Vaccines available: Flu (over and under 65 years), Moderna COVID19, Pneumonia, RSV (50-74 at risk and 75+)

Cowlitz Family Health
21610 Pacific Highway Ocean Park , WA
(360) 665-3000
M-Th 8am-7pm
F-Sun CLOSED
www.vvhc.org
For established patients only
Childhood series' vaccines

Ocean Beach Hospital
800 Alder St, South Bend, WA
(360) 875-5526
M-Sun 24 hours
www.willapaharborhospital.com
Please contact provider for information on vaccines.

Please contact the provider directly for the most up to date information on vaccines!

PACIFIC COUNTY
Public Health & Human Services

POMPC COMMUNITY SUICIDE PREVENTION WORKSHOP



LIGHT LUNCH PROVIDED

SATURDAY,
NOVEMBER 21, 2026
10 am - 2 pm
Ocean Park Lutheran Church

SPECIAL GUEST SPEAKER:

BECKY KUHN
SUICIDE PREVENTION COORDINATOR
VA PORTLAND HEALTH CARE SYSTEM

Follow-up to the previous workshops.

A Peace of Mind Pacific County event.
www.pompc.org
info@pompc.org 360.642.3448

CELEBRATING 20 YEARS OF SERVICE
Peace of Mind Pacific County
www.pompc.org
2005-2025

LIONS INTERNATIONAL

Early Support for Infants and Toddlers (ESIT)

GUIDING CONCEPTS



MISSION

The purpose of the Early Support for Infants and Toddlers program is to build upon family strengths by providing coordination, supports, resources and services to enhance the development of children with developmental delays and disabilities through everyday learning opportunities.

PRINCIPLES

1. Families are equal partners who bring to the team skills, experience and knowledge about their child; and, are the final decision makers as to what will work best for their family.
2. Early intervention recognizes that family relationships are the central focus in the life of an infant or toddler.
3. Infants and toddlers learn best through everyday experiences and interactions with familiar people in familiar settings.
4. The early intervention process, from initial contact to transition, must be responsive, flexible and individualized to reflect the child's and family's priorities, learning styles and cultural beliefs.
5. All families, with the necessary supports and resources, can enhance their children's learning and development.
6. The role of the service provider is to work in a team to support Individualized Family Service Plan functional outcomes, based on child and family needs and priorities.
7. Early intervention practices must be based on the best available current evidence and research.

OUTCOMES

To enable families to care for their child and participate in family and community activities, families will:

- Know their rights.
- Effectively communicate their child's needs.
- Help their child develop and learn.

To help children be active and successful participants in a variety of settings and situations, children will demonstrate improved:

- Positive social-emotional skills and social relationships.
- Acquisition and use of knowledge and skills including language and communication.
- Use of appropriate behaviors to meet their needs.

The Washington State Department of Children, Youth & Families
Early Support for Infants and Toddlers Program
PO Box 40970
Olympia, Washington 98504-0970
Phone: (360) 725-3500
FAX: (360) 725-4925
www.dcyf.wa.gov/services/child-development-supports/esit

*If you would like copies of this document in an alternative format or language, please contact DCYF Constituent Relations (1-800-723-4831 | 360-902-8060, **ConstRelations@dcyf.wa.gov**).*

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Washington State Department of
CHILDREN, YOUTH & FAMILIES

Ocean Park Lutheran Church and
Peace of Mind Pacific County present:

BLUE CHRISTMAS

A non-denominational interactive service for those who struggle at the holidays held annually on the winter solstice.

6 p.m.

Monday, December 21st, 2026
Ocean Park Lutheran Church
24002 U Street, Ocean Park
Chili and cookie fellowship immediately following.

Please bring a non-perishable food item for our local food pantry

Ocean Park Lutheran Church
www.oceanparklutheran.org
pastorlouise@oceanparklutheran.org
360.665.6344

Peace of Mind Pacific County
www.pompc.org
info@pompc.org
360.642.3448


Heart to Heart Connections
Join us to create a time of social connection in a cordial setting
1st and 3rd Wednesdays
1-2 p.m.
Ocean Park Lutheran Church
24002 U St.
Ocean Park, WA 98640
A Peace of Mind Pacific County gathering.
Peace of Mind Pacific County
is a Peninsula Lions Branch Club
www.pompc.org
info@pompc.org
206-981-7782


GRIEF TALK
- a peer led support group for anyone struggling with grief
- every 2nd and 4th Saturday
- 11:00 a.m.
- The Whalebone Cottage
2101 Bay Ave
(NE Corner of Bay and U St.)
A Peace of Mind Pacific County gathering.
Peace of Mind Pacific County is a
Peninsula Lions Branch Club.
www.pompc.org info@pompc.org 206-981.7782

DentistLink

POWERED BY ARCORA FOUNDATION

Connecting everyone in Washington with dental care

DentistLink is a **free referral service that connects you to a dentist in your community**. We help you find the dental care you need whether you are uninsured or have insurance, including Apple Health (Medicaid). There are three easy ways to connect with us:

Three Ways to Use DentistLink

1. **Search our "Find a Dentist" directory**

   Provide basic information about your dental needs and location, and receive a list of dental providers in your area. Search on our website anytime.

2. **Call or text the DentistLink team directly**

   Available: Mon - Fri | 8am - 5pm | 844.888.5465

   You can connect directly with our Referral Specialists by texting or calling us. We can also provide information about available resources, including transportation. **Interpretation services are available when speaking with us. Se habla Español.**

3. **Go to our website, fill out a short form, and have us contact you**

   Answer a few questions about your age, location, and your dental needs. Our Referral Specialist will then connect you with a dental provider that matches your needs.

The health of your mouth affects your overall health. Regular dental checkups help keep you healthy.

Questions?

Email us: DentistLink@ArcoraFoundation.org

Call us: 844.888.5465

Looking for dental care in your community? DentistLink can help!



Online: Visit DentistLink.org



Call or Text: 844.888.5465

DentistLink is a free referral service for anyone in Washington. DentistLink is brought to you by Arcora Foundation, the foundation of Delta Dental of Washington.

ARCORA

The Foundation of Delta Dental of Washington

Pacific County ABCD Champion





Dr. Joshua Browning DMD

Access to Baby and Child Dentistry (ABCD) is a system of care in Washington state that connects Apple Health (Medicaid) insured children from birth up to age six with specially-trained dentists in their communities.

Medicaid-eligible children meet ABCD criteria up to their 6th birthday (age 0 to 6).

Medicaid-eligible children, with a Developmental Disabilities Administration (DDA) indicator in ProviderOne, meet ABCD criteria up to their 13th birthday (age 0 to 13). For more information on DDA visit dshs.wa.gov/dda.

Pacific County Public Health & Human Services

Access to Baby & Child Dentistry™

Valley View Health Center

For information on becoming an ABCD client, please contact Pacific County Health and Human Services.









Stay Active & Independent for Life (SAIL)

OCEAN BEACH HOSPITAL & MEDICAL CLINICS

SAIL Info: (360) 642-6308

S.A.I.L.

Stay Active and Independent for Life

Stay Active and Independent for Life (SAIL) is an evidence-based strength, balance and fitness program for adults 65 and older. Performing exercises, either standing or sitting, that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chances of falling.

Be fit & have fun!

Gain strength and balance to help maintain and improve your quality of life!

Choose your class:

Regular SAIL:

Mondays & Wednesdays	9am to 10am
Tuesdays & Thursdays	11am to 12pm

Peninsula Senior Center
21603 O Lane in Ocean Park

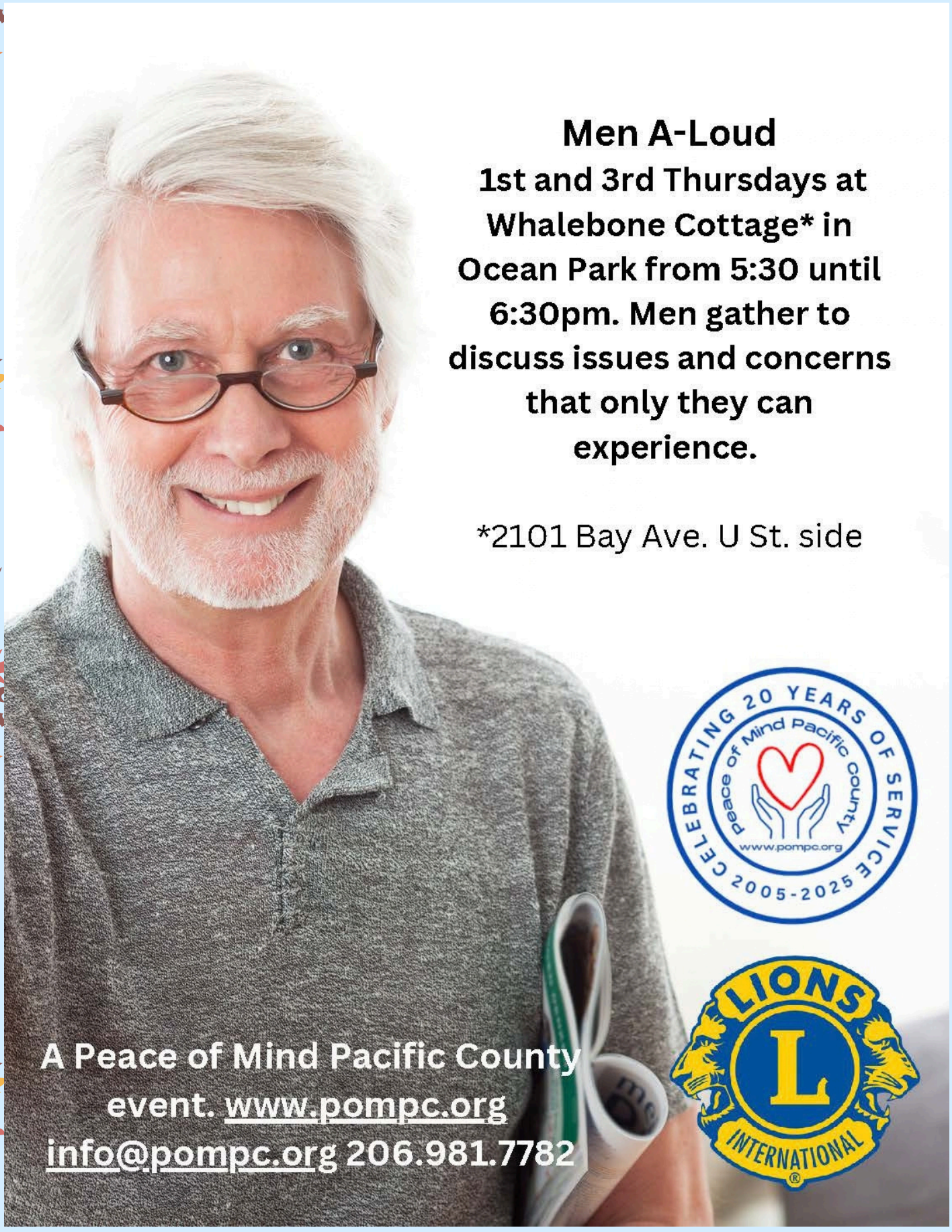
Mondays & Wednesdays	3pm to 4pm

Naselle Community Center
14 Parpala Road in Naselle

Seated SAIL:

Tuesdays & Thursdays	10 to 11:00am

Golden Sands Assisted Living
21608 O Lane in Ocean Park


Men A-Loud
1st and 3rd Thursdays at Whalebone Cottage* in Ocean Park from 5:30 until 6:30pm. Men gather to discuss issues and concerns that only they can experience.
*2101 Bay Ave. U St. side
CELEBRATING 20 YEARS OF SERVICE
Peace of Mind Pacific County
www.pompc.org
2005-2025
LIONS
INTERNATIONAL
A Peace of Mind Pacific County event. www.pompc.org
info@pompc.org 206.981.7782



VETERANS

DONUTS & COFFEE HOUR

Join your County Veterans Service Officers every month for some free donuts and coffee!

- **1st Thursday of the month**
  9am at the Long Beach Grange
  5715 Sandridge Road, Long Beach, WA 98631

- **3rd Wednesday of the month**
  8am at the Hungry Heifer Diner
  226 Duryea St. Raymond, WA 98577

- **3rd Thursday of the month**
  8am at the Peninsula Senior Activity Center
  21603 O Lane, Ocean Park, WA 98640

PACIFIC COUNTY
Public Health & Human Services

WASHINGTON STATE DEPARTMENT OF VETERANS AFFAIRS

PEACE OF MIND PACIFIC COUNTY PRESENTS

Family PJ NIGHT

DEC 13, 2026
DOORS OPEN @ 5PM
MOVIE STARTS @ 5:30
NEPTUNE THEATER

Limited Seats

Free but tickets required



Free popcorn and drink!

Wear your jammies and slippers!

Contests!

Bring your favorite plushy friend!

Free ticket registration starts on Nov. 22 at www.pompc.org. Registration required.

CELEBRATING 20 YEARS OF SERVICE
Peace of Mind Pacific County
www.pompc.org
2005-2025

A Peace of Mind Pacific County event.
www.pompc.org info@pompc.org 360.642.3448

LIONS INTERNATIONAL

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

988 SUICIDE & CRISIS LIFELINE

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**.

SAMHSA

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.

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

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

ES

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

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 conselor.

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.

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 chatter 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

Willapa Commons

- Presented by-

Willapa Behavioral Health & Wellness

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.

1808 Bay Ave.
Ocean Park, WA 98640

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

Contact:
Nicole Pearson
Cell 360-214-8984
Office:360-218-7078
pearsonn@willapabh.org

Available Resources For Our Guests

- Access to Internet
- Support Groups
- Water/Coffee
- Board Games
- Connection to Resources
- Peer Support
- Art Groups
- Snacks
- Movies



Donations Are Always Welcome

- Monetary donations which can be made at https://willapabh.org/contact-us/donate/
- Sugar
- Coffee/Coffee Creamer/Disposable Cups
- Healthy Snacks/Food
- Toothbrush/Paste & holder
- Laundromat Vouchers
- Bus Passes
- Underwear/Sweatpants & shirts/T-Shirts/Socks
- Our Amazon Wishlist link https://a.co/261Joho

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.

OCEAN BEACH HOSPITAL & MEDICAL CLINICS

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

Community Integrated Health Services

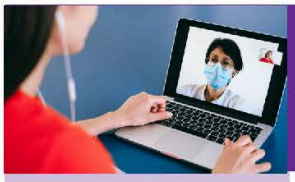
A behavioral health agency

Call Today!

360.261.6930

www.cihealthservices.com

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.

Washington HAF
Homeowner Assistance Fund

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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Project Director
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pacificcountytac@gmail.com

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 January, 2027!

Download/ View the Newsletter