

April-June 2024



# 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](mailto: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.

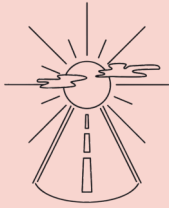
And remember, you didn't cause the violence. Please get help!

## 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.

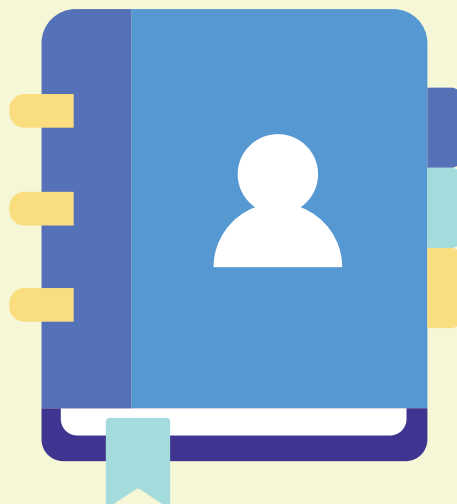
## Valley View Health Center



**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](mailto: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

## January- March 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.



### Project Community Connect

**Peninsula Poverty Response  
January 25th**

communities. They provided teaching and engaged workshop attendees on steps they can take to Age Well and stay in their homes. Topics covered the

importance of having a PCP, how to communicate with their provider, the value of palliative care and hospice, the difference between home aid and home health, POLST forms, and more. The feedback was great, they were so thankful for the information and surprised by what they learned.

# Willapa Harbor Community Connect

**Pacific County Public Health and  
Human Services  
January 26th**

Since all our cooking classes have been so popular and nutrition is one of the most often requested topics on

our community surveys, we've started offering more classes and topics every month. Andy Lakanen, RDN presented "Sugar on the Brain." His content was interesting and engaging, where we learned more about the science of addiction and practical tips for reducing sugar. Thank you Andrew Lakanen for sharing your passion and knowledge with the community!



\*Smiley faces are put on pictures to protect identity of participants.\*

## Sources of Strength

**Pacific County Public Health  
and Human Services, Ocean  
Beach School District, Naselle  
School District, Sources of  
Strength**

**February 5th-7th**

Pacific County Health Department brought a program called Sources of Strength to the south county schools.

Sources of Strength is a best practice youth suicide prevention project that utilizes the power of peer social networks to change unhealthy norms and culture and ultimately prevent suicide, bullying and substance abuse. The program is designed to prevent suicide by increasing help seeking behaviors and connections between peers and caring adults with a focus on Hope, Help and Strength. Sources of Strength takes a different approach in youth suicide prevention by moving beyond a singular focus on risk factors through building multiple sources of support around young individuals so that when times get hard they have strengths to rely on.

A partnership between the health department, Ilwaco, and Naselle school districts created successful events. Lunches were provided for the students and the schools spent one day each with the Adult Advisors and National trainer for a Peer Leader training.

# TAC Updates

## Teen Advocacy Coalition January-March

Teen Advocacy Coalition has been very busy these past few months continuing helping out in the community!

TAC Provided a Youth Mental Health First Aid Training on

March 13th at the South Bend ELC. They had over 20 participants show up to complete the training. TAC also continues to do weekly Sources of Strength tabling and activities at the three local north county high schools.

Collaboration was done with Pacific County Guns and Hoses to put on the Guns and Hoses event. This event always proves to be fun and had over 600 participants come out to enjoy the game!

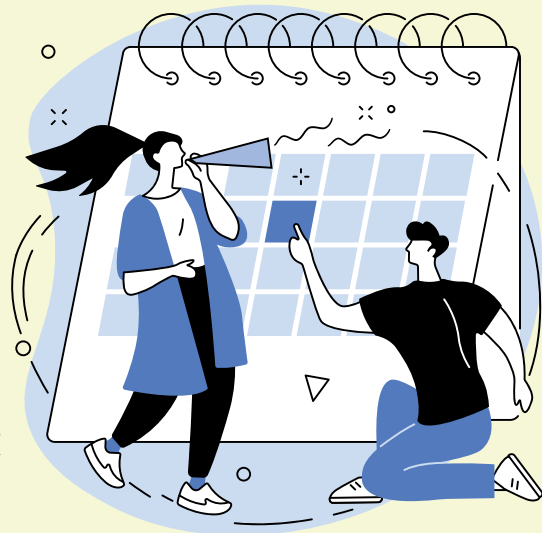
TAC supported both Willapa Valley Prevention Club and Raymond School District Equality Club in putting on a Safe and Sober Valentine Day at Valley and a Safe Spaces Valentine Making Party at Raymond. Thank you TAC for the continued support of the community.



# 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 April-June? 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.***



## 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

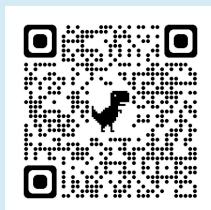


**Know and Grow** is always welcoming of new members! Our general meetings are held on the third Monday of each month from 2-3:30. If you are interested in getting on the mailing list please submit your email contact to: [knowandgrowpacificco@gmail.com](mailto:knowandgrowpacificco@gmail.com)  
ATT: Rhonda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

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



January-March 2024

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**988**  
24/7 Crisis & Support



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Pacific County Public Health and Human Services





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](http://www.pompc.org), email [info@pompc.org](mailto: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. 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*

## 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/>

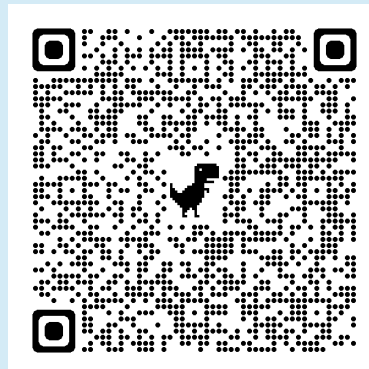
## Pacific County Resource Guide

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!*





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

# 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](mailto:sfreeman@vvhc.org)



# Calendar for April 2024 (United States)

April						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Caregiver Support Group @ 3	2	3	4	5	6
7	TAC General Meeting @ 3:30	 Sources of Strength Week South Bend School District		Caregiver Support Group @ 1		13
14		16	17	18	19	20
21	22	OBH Bariatric Support Group @ 11	 Crime Victims Awareness Week			
28	29	30				
Phases of the Moon: 1:☾ 8:● 15:☽ 23:○						
Holidays and Observances: 1: <a href="#">Easter Monday</a> , 15: <a href="#">Tax Day</a>						

# Calendar for May 2024 (United States)

May						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
	Caregiver Support Group @ 3	7	8	Caregiver Support Group @ 1	10	11
	TAC General Meeting @ 3:30	14	15	16	17	18
19	20	21	22	23	24	25
26		OBH Bariatric Support Group @ 11	29	30	31	
Phases of the Moon: 1:☾ 7:● 15:☽ 23:○ 30:☾						
Holidays and Observances: 5: <a href="#">Cinco de Mayo</a> , 12: <a href="#">Mother's Day</a> , 27: <a href="#">Memorial Day</a>						

# Calendar for June 2024 (United States)

June						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	Caregiver Support Group @ 3	4	5	Caregiver Support Group @ 1	7	8
9	TAC General Meeting @ 3:30	11	12	13	Flag Day 	15
HAPPY FATHER'S DAY	17	18	JUNE TEENTH 	20	21	22
23	24	OBH Bariatric Support Group @ 11	26	27	28	29
30						

Phases of the Moon: 6: ● 14: ○ 21: ○ 28: ○

Holidays and Observances: 14: Flag Day, 16: Father's Day, 19: Juneteenth

## Upcoming Events

<b>Sources of Strength Week</b> April 8th-12th <b>South Bend School District</b>	South Bend School District is participating in the youth mental health and substance abuse prevention program called Sources of Strength. During this week, they will bring events and activities to the school to further bring awareness to this amazing program.
<b>Long Beach Grange's Crafters and Artisan's Market</b> April 20th-21st <b>POMPC</b>	Year-round indoor market for artisans, crafters, bakers, etc. on the Long Beach, WA peninsula.
<b>RX Takeback</b> April 27th <b>Wellspring, TAC, R2R, local police departments</b>	Turn in unused medications from 10am-2pm. South County: Oakie's 1820 Bay Ave, Ocean Park, WA 98640 North County: Pioneer Grocery 116 Willapa Ave, South Bend, WA 98586
<b>After Prom Party</b> April 27th <b>TAC</b>	TAC is hosting the Annual After Prom Party on Saturday April 27th 2024 from 7PM to 12AM at Koplitz Fieldhouse in South Bend, WA for all participating districts to have a safe space for after prom party fun.

<b>Sexual Assault Awareness Brunch</b> April 27th <b>CSN</b>	We are hosting a Sexual Assault Awareness Brunch at the Raymond Elks on Saturday April 27 at 10:00 am. CSN staff will be wearing teal for Sexual Assault Awareness on April 2 and blue for Child Abuse Awareness on April 5th. We will be putting pinwheels up around the county to draw attention to the issue of child abuse and will have displays in both ends of the county that show the number of victims of child abuse in our county and the number of forensic interviews done in the past 12 months.
<b>Incredible Years Program</b> April <b>TAC</b>	TAC will be administering the Incredible Years Program to our community in April. More details to come! Reach out to Lyndsey Owen if you are interested!
<b>Youth Mental Health First Aid</b> April TBA <b>TAC</b>	TAC will be hosting another Youth Mental Health First Aid training at the Timberland Regional Library in April. More details to come! Follow TAC on social media for the latest updates.
<b>Spring Youth Prevention Forum</b> Spring TBA <b>TAC</b>	TAC will be collaborating with three local school districts to send prevention club students to the 2024 Spring Youth Prevention Forum
<b>Dine Out for Mental Health</b> May 1st-31st <b>POMPC</b>	Visit local restaurants and support mental health by enjoying great food!
<b>Hope Floats 3 Grand Reception</b> May 3rd <b>POMPC</b>	7-9 Old Train Depot in Long Beach. See all 30 floats on display and meet the artists, have some alcohol-free bubbly and participate in on-site silent action. \$5 per ticket. <a href="#">May 3rd-22nd online auction</a> . <a href="#">May 4th-5th Hope Floats Gallery 11am-5pm Old Train Depot</a> . <a href="#">See all the floats in one place</a> .
<b>15th Annual Wellness Walk</b> May 18th <b>POMPC</b>	In partnership with the Peninsula Lions Club and LBGTQ group. Walk from Bolstad Approach to Clark's Tree, visit with local agencies for support services. See all 30 Hope Floats 3 and be present when POMPC announces their new Suicide Prevention Initiative.

## Recurring Events/ Meetings

<b>TAC General Meeting @ 3:30</b> <b>TAC</b>	General Meetings are held the second Monday of every month at 3:30PM.	<b>Grief Talk</b> <i>1st and 3rd Saturday at 11am</i> <b>Peace of Mind</b>	11:00 a.m. Whalebone Cottage, Ocean Park
<b>KC's Koffee Hour</b> 1st and 3rd Wednesdays at 1pm <b>Peace of Mind</b>	1st and 3rd Wed. 1:00 p.m. at Ocean Park Lutheran Church	<b>Bariatric Support Group</b> Every 4th Tuesday <b>Ocean Beach Hospital</b>	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.
<b>Art for a Healthy Mind</b> 2nd and 4th Wednesdays at 1pm <b>Peace of Mind</b>	2nd and 4th Wed 1:00 p.m. at Ocean Park Lutheran Church	<b>Senior Men's Group</b> <i>1st and 3rd Thursdays at 5:15pm</i> <b>Peace of Mind</b>	2nd and 4th Wed 5:15 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.*



**Quit today for a better tomorrow!**



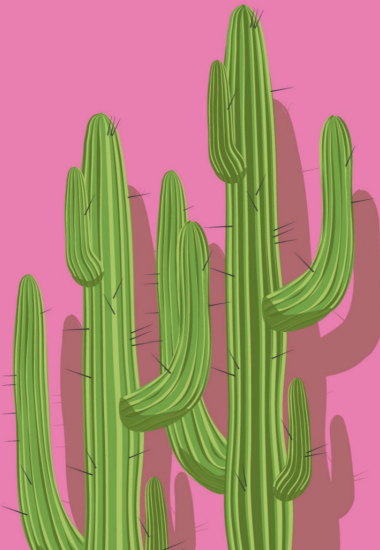
**Wanting to quit smoking?**

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



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](https://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.

# WINTERIZE Your Home



*Your home isn't the only one that can be winterized.  
Your neighbors and those most vulnerable might need your help too!*

weather.gov



Winter can bring many different weather hazards. Be prepared in your home and outside.

*[weather.gov/safety/winter](https://weather.gov/safety/winter)*



SEXUAL ASSAULT AWARENESS MONTH

# BRUNCH FUNDRAISER & SILENT AUCTION



FEATURING

# JENNA QUINN



SATURDAY, APRIL 27, 2024  
10:00 AM | RAYMOND ELKS | \$25

BRUNCH ● DOOR PRIZES

CALL 360-875-6702 TO PURCHASE  
TICKETS OR FOR MORE INFORMATION



CRISIS SUPPORT  
NETWORK  
ADVOCACY | CONNECTION | EDUCATION

APRIL IS

# National Child Abuse Prevention Month

#ThrivingFamilies



Children's  
Bureau



Child Welfare  
Information Gateway

## Risk Factors

Parental stress      Substance misuse      Poverty

## Protective Factors

Parental resilience    Nurturing and attachment  
Knowledge of parenting and child development  
Concrete support in times of need    Social connections  
Social-emotional competence of children



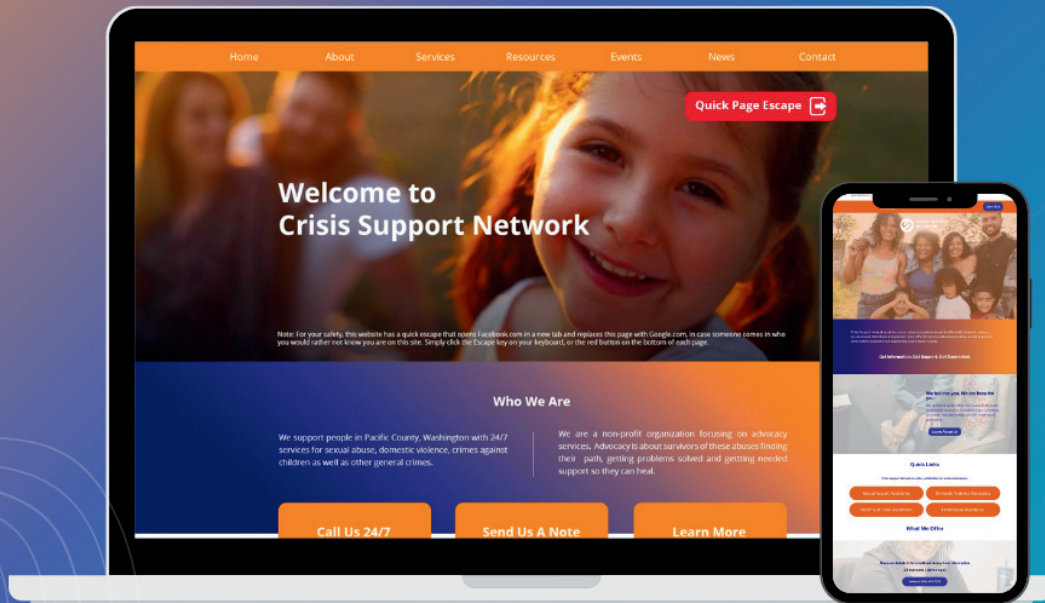


# CRISIS SUPPORT NETWORK

ADVOCACY | CONNECTION | EDUCATION

## VISIT OUR **NEW** WEBSITE

<https://crisis-support.org/>



## APRIL IS SEXUAL ASSAULT AWARENESS MONTH

**Wear Teal:** Day of Action on Tuesday, April 2, 2024  
The first Tuesday of every April is the SAAM Day of Action. The Day of Action is an opportunity to start the month with highly visible and coordinated actions.

Use wearing teal as a conversation starter and share why preventing sexual violence is important to you.



# Put Life Back in Your Life

*Living Well with Chronic Health Issues*

*Free Workshop Series*

## It's All About You

- *If you have a chronic health condition or love someone who does, then this workshop is for you*
- *A research-based Chronic Disease Self-Management Program developed by Stanford University*

## Through this program you will learn to:

- *Live with a chronic health condition*
- *More easily manage your medications*
- *Understand the benefits of exercise*
- *Make smarter decisions related to healthy eating*

**Chronic health conditions may include, but are not limited to:**

*Arthritis, cancer, respiratory conditions, high blood pressure, chronic pain, diabetes, heart failure*

***When: Tuesdays  
1:00PM - 3:00PM  
Starting Jan 2024***

***Where: OBHMC's  
"Annex" Location***

***Call if interested,  
once there are  
3-6 people  
registered, we will  
start the next class  
series!***



**Call 360-642-6308**



# Wild Land Urban Interface

## How you can help

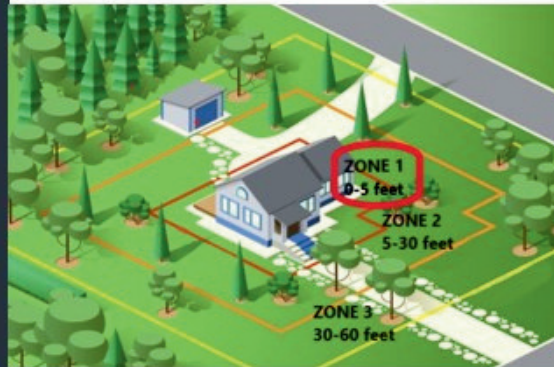
### WUI

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' Zone 1 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



# HEALTHY LIVING WITH DIABETES!

**Come learn about how  
diabetes self-management  
can help you live a long,  
healthy life.**

**Do Well, Be Well Diabetes Classes**  
10:00AM - 12:00PM, Thursdays

4 week cohorts starting the first  
week of every month!  
OBH Diabetes Education Room

Classes are taught by a Certified  
Diabetes Care and Education  
Specialist

Call 360-642-6308 to learn more.  
(reservations by referral only)



*Ask your provider about a referral to OBHMC*



**988**  
SUICIDE  
& CRISIS  
LIFELINE

## 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.

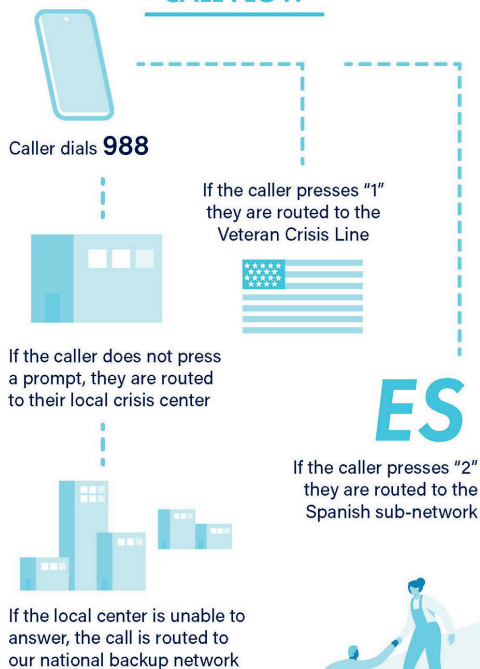
The Lifeline is funded by the **Substance Abuse and Mental Health Services Administration (SAMHSA)** and administered by **Vibrant Emotional Health**.



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](https://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



### 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.

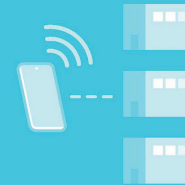
If you are a US military veteran or current service member, or calling about one, please press 1 now. Otherwise, please hold while we route your call to the nearest crisis center in our network.

”



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.



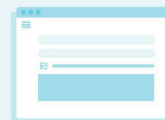
Each crisis center picks their coverage area (which can be defined by zip code, area code, county or even state), and their hours of operation.



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

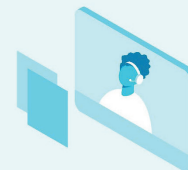
This person will listen to the caller, work to understand what the caller is experiencing, provide support, and collaborate with the caller on ways to feel better and connect with any needed help or resources.

### 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](http://www.pacificcountytac.org)

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**JOIN US  
FOR OUR  
MEMBER  
MEETUP**

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**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](http://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](mailto: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?

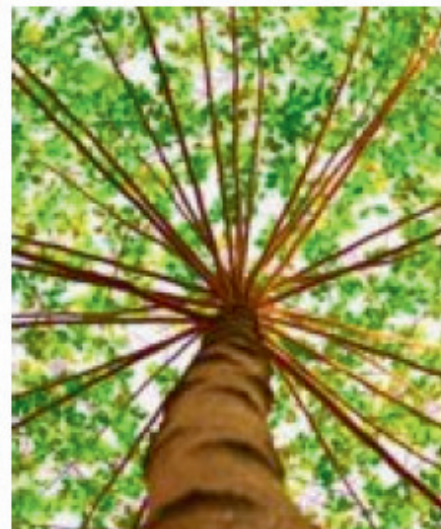
The youth, parents, and families referred to the program may have a variety of emotional and behavioral challenges. Some youth/families have been diagnosed with mental illnesses, some may be ungovernable, and others are reacting poorly to struggling family environments.

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](mailto:goodj@willapabh.org)



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

# Caregiver Support Group

First Monday of the month  
3:00 - 4:00

Ocean Park Public Library Community Room

Contact: 360-642-6330

[rcassidy@oceanbeachhospital.com](mailto:rcassidy@oceanbeachhospital.com)

The Caregiver support group meets the **first Monday 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](#)





*"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](mailto: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.

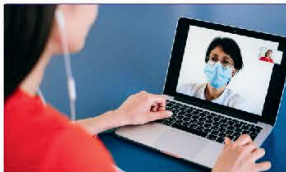
All are welcome; share your experience, advice, and support to other caregivers.

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.



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.

For more information visit:  
**WashingtonHAF.org**



**Scan Me**

# Coalition and Program Contacts

## **Jessica Verboomen**

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Behavioral Health Program Manager  
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## **Alexis Hood**

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## **Abigail Bentley**

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## **Paul Karnatz**

Teen Advocacy Coalition  
Coordinator  
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pacificcounytac@  
gmail.com

## **Nikki Fortuna**

Peace of Mind  
President  
(360) 642-3448

*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 April, 2024!*

Download/ View the  
Newsletter

