

*Pacific County  
Prevention...*

*All In One Place.*



# *Prevention News*



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## **Project Community Connect**



On January 23rd, in collaboration with Peninsula Poverty Response and numerous community partners, Pacific County Department of Health & Human Services and our prevention teams joined forces to serve nearly 200 people who currently or have in the past, experienced homelessness.

The event was held on Thursday Jan. 23 at the Elks Lodge in Long Beach. Service providers from Pacific County gathered to help people who needed everything from healthcare to haircuts. Volunteers guided participants around the various tables offering information and helping to fill out forms to get a replacement I.D. Throughout the event there was a constant line for eye exams and a free pair of glasses. Optometrist Jeffery Nevitt with Pacific Eye Clinic conducted about 70 eye exams throughout the five-hour-long event.

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## Project Community Connect & Point-In-Time Count...



During the event on January 23rd, in addition to the following day, Pacific County Department of Health and Human also conducted their “Point-In-Time” count to determine how many people in Pacific County qualify as homeless. The count takes into consideration sheltered and unsheltered homeless persons, a count mandated by state law and required by the U.S. Department of Housing and Urban Development.

In addition to their work at the event, health department employees searched all around the county for people living without shelter.

Over the period 2013 to 2017, about one of every six people in the county was living below the poverty level, according to the Washington State Employment Stability Department.

Both Project Community Connect and the Point-In-Time count are an eye-opening and sobering

experience, and our hats are off to Pacific County Department of Health & Human Services, as well as to the many organizations who contributed their time and efforts.



# Sources of Strength Training



On November 20th, our prevention staff had the opportunity to work with Sources of Strength presenter Kelsey Hopstad, along with selected youth from across Pacific County, to learn more about what gives us strength during difficult times, and how to turn to those options when we need to. Sources of Strength is “A best practice youth suicide prevention project designed to harness the power of peer social networks to change unhealthy norms and culture, ultimately preventing suicide, bullying, and substance abuse.

The mission of Sources of Strength is to prevent suicide by increasing help seeking behaviors and promoting connections between peers and caring adults. Sources of Strength moves beyond a singular focus on risk factors by utilizing an upstream approach for youth suicide prevention. This upstream model strengthens multiple sources of support (protective factors) around young individuals so that when times get hard they have strengths to rely on.”

**“Sometimes you don’t realize your own strength until you come face to face with your greatest weakness.”**

**-Susan Gale**

The day was a mix of fun, engaging activities as well as thoughtful and hard-hitting conversations. Presenter Kelsey Hopstad (who we know fondly as the former Road 2 Resiliency coordinator), did a brilliant job of keeping the students engaged, excited, and participating in fun activities while also encouraging them to have insightful thoughts and conversations with their peers.

Our community is full of young leaders who are going to bring the Sources of Strength message to their peers!



# FAMILY FUN NIGHT!

On Friday, November 22nd, WellSpring Community Network hosted their first annual Family Fun Night!



Family Fun Night was designed to be a free, pro-social activity for families and community members.

Nearly 100 families came to participate in fun games and STEM activities, including designing marshmallow catapults, putting together robots, making elephant toothpaste and even fun activities like a smoothie bike (a bike that makes smoothies, the blender powered by pedaling).

There was also a cake walk, free popcorn and snacks, and a free spaghetti and pulled pork dinner hosted by a local restaurant, The Cove.

Every family that came to the event was given a free board game to continue the idea of family game night at home... popular choices were Clue, Candyland, and Chutes & Ladders.

Several WellSpring members stepped up to volunteer at this wonderful event, hosting activities, cleaning up smoothie spills, and just generally being smiling faces to represent WellSpring.

For each activity completed, each participant got to “stamp their passport,”

and for each stamp received they earned a raffle ticket. WellSpring had more than a dozen raffle prizes, including local gift certificates, free rounds of golf, and movie theater tickets. The big-ticket item was the Ultimate Family Fun basket, featuring several board games, children’s craft activities, popcorn and snack foods, blankets, and DVDs.



Family Fun Night was a big hit, as were the prizes!

## ***Vaping Tobacco & Marijuana; Finding Truth Among the Vapors***

In early winter, Jackie Smith and Carole Chase, both of the Pacific County Department of Health & Human Services, had the opportunity to attend a “train the trainer” event hosted by the American Lung Association, titled “Vaping Tobacco & Marijuana; Finding Truth Among the Vapors.” The presentation and materials provided are intended to arm a new workforce of volunteers to be able to present to parents, schools, and other pro-youth associations about the growing dangers of vaping.

Electronic cigarettes, or e-cigarettes, are tobacco products that have been sold in the U.S. for about a decade. They include e-pens, e-pipes, e-hookah, and e-cigars, known collectively as ENDS—electronic nicotine delivery systems. They're also sometimes called JUULs, "vapes" and "vape pens." E-cigarettes are the most commonly used tobacco products among kids—and it's



become an epidemic. While much remains to be determined about the lasting health consequences of e-cigarettes, there's evolving evidence about the health risks of e-cigarettes on the lungs—including irreversible lung damage and lung disease.

The American Lung Association is very concerned that we are at risk of losing another generation to tobacco-caused diseases as the result of e-cigarettes. The Lung Association remains extremely troubled about the rapid increase of youth using these products and has repeatedly called upon the Food and Drug Administration (FDA) to increase their oversight and scrutiny of these products to protect kids. We delivered the first of hopefully many presentations about the dangers of vaping to South Bend High School staff in early winter.

## Jeff Yalden Speaks!



Local coalitions and all three local school districts came together in late fall to bring awareness to parents, caregivers and community members about the challenges our youth are facing today. Most importantly, these local coalitions and schools shared the actions they are taking to protect our youth. Community members also had the opportunity to share their perspectives, and the actions they wanted to see taken.

Jeff Yalden, a nationally renowned youth motivational speaker, came to speak to community members and caregivers about suicide prevention. "People treat us how we train them to treat us," says Jeff. "When we unleash the best that is inside us, the world always mirrors it back. The goal is to radiate love and kindness at the same time we radiate our own self-respect." Jeff is living proof of these miracles in transformation. He has become one of the most in-demand youth motivational speaker in North America, having spoken to nearly 4,000 teen audiences around the world.

His direct, no-nonsense approach was found refreshing and impactful by both audiences he spoke to— students, and then to parents.

All attendees also had the opportunity to win a raffle basket of Jeff Yalden's top selling books for both teens and caregivers. The event was presented jointly by Willapa Valley School District, Teen Advocacy Coalition (TAC), Raymond School District, South Bend School District, Drug Buster Squad (youth prevention club at SBHS), Road 2 Resiliency, and the South Bend Early Learning Center

# Our Prevention Network:



**TAC**  
Teen Advocacy Coalition



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# final thoughts...

“COURAGE is the most important of all the virtues because without courage, you can't practice any other virtue consistently.

-Maya Angelou

coming soon >>>

## In The Next Issue

- Emergency Operations (EOC)
- TAC, WellSpring, & R2R Join Forces  
With Sources of Strength
- Question, Persuade, & Refer (QPR)

## MEETINGS & NETWORKING OPPORTUNITIES via ZOOM ONLY (IN ACCORDANCE WITH GOVERNOR'S ORDERS)

WellSpring Community Network	Second Tuesday of the month @ 3 pm	Email <a href="mailto:cchase@co.pacific.wa.us">cchase@co.pacific.wa.us</a> for Zoom link
Teen Advocacy Coalition (TAC)	Second Monday of the month @ 3:15 pm	Email <a href="mailto:pacificcountytac@gmail.com">pacificcountytac@gmail.com</a> for Zoom link
Road 2 Resiliency	First Monday of the month @ 3:30 pm	Email <a href="mailto:agraves@co.pacific.wa.us">agraves@co.pacific.wa.us</a> for Zoom link
Prevention Team	Third Monday of every other month @ 10:00 am	Email <a href="mailto:gmanlow@co.pacific.wa.us">gmanlow@co.pacific.wa.us</a> for Zoom link

WE NEED YOUR NEWS! If you have PREVENTION NEWS that you'd like featured in the upcoming newsletter, please contact Carole Chase at [cchase@co.pacific.wa.us](mailto:cchase@co.pacific.wa.us)

THANK YOU!